Chichester HERALD

Friday 6 December 2013
YOUR FREE WEEKLY NEWSPAPER

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£141 million proposal headache

>> County Council to consider budget proposals

West Sussex County Council may need to save £141 million over the next 4 years

Dean Adams
NEWS@CHICHESTERHERALD.CO.UK

PROPOSALS showing how West Sussex County Council might reduce its spending by £55 million over the next two financial years have been published as part of the agenda papers for the full Council meeting on Friday December 13.

Council Leader Louise Goldsmith said today: "I want to emphasise strongly that these are just proposals at this stage. No final decisions have been taken, and will not be until the budget meeting in February.

"The agenda papers do clearly demonstrate the scale of the task facing us, and some of the very difficult decisions we may have to take.

"However, these proposals are far from being just about cutting services, and very much about a County Council that will again be looking at new ways of working and delivering services.

"I still firmly believe that, despite a background of government grant cuts, we can still deliver on our key priorities.

"For example, there will be an announcement soon about a very substantial investment in our roads, and I do mean very substantial. This is because we know how high a priority roads are for residents, and, in turn, it will help reduce our maintenance costs.

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South Chichester CLC gives festive funding boost to local groups

SOUTH Chichester County Local Committee (CLC) has awarded nearly £10,000 of Community Initiative Funding to local organisations.

The money includes £4,000 for Biking Belles, a cycling group in Chichester. It will be used to help hold an event to encourage women to take up cycling, as well as for those who are already proficient cyclists. The event will also raise money for Ovarian Cancer Action.

The latest round of applications to be approved by the committee are:

- The Richmond Fellowship - £1,000, towards a mosaic for the Westgate Centre,
- Biking Belles: £4,000, towards hire of Goodwood Motor Circuit for a charity event which encourages women to take up cycling and raise money for Ovarian Cancer Action,
- Arts Dream Selsey: £2,100, towards employing professional artists to run arts and sound installation workshops for youngsters, with the emphasis on the 100th anniversary of start of the First World War,
- Friends of Chartres: £900, towards the hire of artists, materials and venue to provide workshops for local school children, and
- Selsey Cricket Club: £1,500, towards a tribute exhibition to Patrick Moore's involvement with the club.

Chairman Margaret Whitehead said: "With Christmas almost upon us, it is especially nice to be able to give support so many deserving local projects through our Community Initiative Fund.

"We still have funding available to distribute before the end of the financial year.

"It can make a real difference to communities and I would urge other local groups to get their applications in before it's too late."

To find out more about the Community Initiative Fund, and how to apply for a grant please visit www.westsussex.gov.uk.

The closing date for applications is Tuesday, February 4 2014.

The Committee's next meeting will be held on Tuesday March 4, 2014, at 7pm at County Hall, West Street, Chichester, PO20 1RQ.

Photo: Money has been awarded to Selsey Cricket Club to help with an exhibition to Patrick Moore's involvement. Pictured are some of his old cricket items.

Let us know what you think @Chiherald

Continued from page 1

"So investing to save is a feature of our plans going forward."

The County Council has said that it may need to save in the region of £141 million over four years because of the impact of the Government's spending statement.

Michael Brown, Cabinet Member for Finance, said: "We have made it clear that we cannot spend money we simply will not have, and we do support the Government's drive to get the nation's finances back in sound order.

"Introducing a saving plan for the next two financial years at this stage rather than a four year plan will allow us time to make informed judgements and look at the best way of meeting our priorities.

"This is a course of action that I will commend to the Council because there are still many financial uncertainties ahead.

"The draft savings proposals will reduce some service budgets, but there are also many reductions we are making through internal efficiencies that will not have any impact on residents."

Although the schedule shows new budget savings of £55m, the County Council can reduce spending by £62m over the next two years because it is reaping the benefit of banking savings early as a result of the last round of budget changes introduced because of reduced government grants.

Michael said: "It means that by good housekeeping we have benefited from the decision to make a large part of the budget reductions announced in 2010 sooner rather than later.

"I am also planning to speak about council tax for 2014/15 at the meeting next week, and make a statement on whether we can freeze our share of household bills for the fourth year running."

The County Council meeting starts at 10.30am on December 13, and is being webcast.

The budget timetable after that will involve reports to the Council's scrutiny committees:

January 15 – Strategic Environmental Services Select Committee

January 16 – Children and Young People's Select Committee

January 22 – Health and Adult Social Care

January 23 – Performance and Finance Select Committee.

The County Council's Cabinet will meet on January 28 to recommend a budget for 2014/15 and council tax to the full Council meeting on Friday, February 14.

All the meetings are open to the public.

Residents of West Sussex, local organisations and businesses will also be able to have their say on the proposals when a public consultation opens on December 13.

The consultation will close on Sunday, January 19, and the Council will give more details next week of how people can take part on-line, by email and by letter.

The agenda papers for the County Council can be found by following the links to Meetings and Decision Making on the front page of www.westsussex.gov.uk.

Anorak Corner

Interesting snippets of information about Chichester

Craig Revel Horwood well known for Strictly Come Dancing, choreographed several shows at Chichester Festival Theatre including: On The Razzle; Pal Joey and Arcadia and My One and Only.

Tweets of the Week

All tweets are from Chichester people or about the area (Some tweets may contain errors) **Let us know what you think @Chiherald**

@RotherfieldFC
The feast day of St Richard of Chichester, Patron Saint of Sussex, is on 16th JUNE and also celebrated as "Sussex Day"

@daresku73
Well done 2 nurses & doctors in St Richards A&E, Chichester! What hardworking compassionate people! Y would Tories want 2 make it harder 4 them

@Discover_Chi
Support locally grown and produced food and drink suppliers at the Chichester Farmers' Market - 6 Dec @ShopLocal

@de
This is news in my City "Two baubles damaged by Chichester's Christmas tree climber"

@ib_thinks
RT @WhatsOnStage Chichester's Pajama Game to Shaftesbury Theatre next May- HURRAH it was fabulous!

@TheShipHotel
Our new restaurant @MurraysChi Captains cocktail menu now features espresso martinis and strawberry daiquiris ...mmm

@Little__Nicky
Another busy day finalising things for the @ChestnutSussex #SnowmanSpectacular #fundraising ball. Starting to feel excited!

@westdeanejf
Early bird discount for Christmastime ends on the 7th December, grab it to enjoy a Downton Abbey styled Christmas!

@G2Chichester
Discover Roman History at the @romanpalace Fishbourne near #Chichester

@ArundelCastle
Looking to buy your Christmas tree this weekend? Our Head Gardener Martin Duncan, has provided his top tips for choosing a tree!

Are we going to have a turkey again this year?

Tommy Boyd

Legendary TV [illegible] a permit

EAT ME

Christmas has begun in our house A box of "Eat Me" dates is on the coffee table They will be eaten all of them, using the plastic fork by the shy teenager from up the road when we ask a few people round sometime between Boxing Day and New Year He will sit on our sofa eating the dates and watching The Great Escape My mum bought "Eat Me" dates every Christmas On occasions I was the teenager

NUTS

We also have a fresh bowl of nuts and a nutcracker on the sideboard It's the law

AUTUMN STATEMENT

Go George Maybe we actually needed a Chancellor with no personal financial worries to tough out the recession Maybe some ordinary guy with a mortgage and no employment prospects would have folded and borrowed another £110b from China. Maybe we needed someone out of touch It's how things were when we were ruled by Kings Mi nel in those days if the King failed he'd get his head bashed in or chopped off

PELICANS

Please will people stop pressing the Pelican Crossing button then look up to notice there's no traffic so they didn't need to press The time wasted by motorists is VERY ANNOYING and equivalent to the £110b GNP deficit, and causing people like me to get irritable and confused about economics

POLICE COMMISSIONER

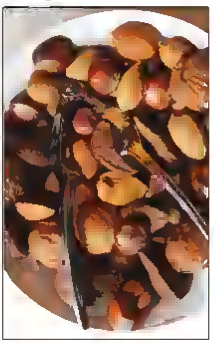
I heard on the radio that none of us know who our Police Commissioner is, and then 10 minutes later a woman who seemed to be Chichester's Police Commissioner came on the radio explaining she's not just the Police Commissioner but also the Crime Commissioner Eh! Thing is in America, the only Police Commissioners who get known are the mightily tattooed Texan ex-felons who storm drug cells single handed I would like one of those personally

TURKEY OR NOT

Every year in our house we have this conversation "Are we going to have a turkey again this year?" Someone says "Why don't we try a goose?" Then someone says "Actually I don't really like the idea of either" Then after a silence someone says "Let's have a turkey and if anyone doesn't want turkey they can just have the vegetables" Then we have a turkey and everyone has it but wonders if goose is more special

EDUCATION

The PISA tests have us Brits falling behind the Asian countries at teaching children Things is for me that Peru came bottom of the tests and top in the happiness South Korea was top 5 for Maths Literacy and Science and bottom in happiness



A bowl of nuts and a nutcracker on the sideboard It's the law at Christmas time

QUESTION

I ask you because I want to know do you know how to calculate the root of 147 or how to make your mother laugh gaily?

RELIGION

A Muslim friend once said to me in reference that maybe Allah does favour Muslims because let's face it he's given them all the naughty oil and us the dull peat Looking at all the leaves lying around at the moment I found myself thinking that the powers that be have given the South Americans all the naughty plants the cocoa and marijuana, and us the drill sycamores

JOKE

The year you stop believing in Father Christmas is the year you get clothes as presents

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

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Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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Police appeal for witnesses to A27 crashes

POLICE are investigating a two-vehicle collision on the A27 Chichester. The collision occurred at the Ovingdean crossroads junction at 2.13pm on Monday.

A gold Toyota 4x4 left the eastbound carriageway and crossed over the central reservation, colliding head-on with a black Peugeot saloon which was travelling westbound.

Police, fire and ambulance attended the scene, along with the Kent, Surrey & Sussex Air Ambulance. The driver of the Toyota, a 63-year-old man from Midhurst, was taken to St Richard's Hospital, Chichester, having suffered a suspected heart attack. He is currently in a critical condition.

Other occupants of the Toyota, two adults and two children, suffered minor injuries. The driver of the Peugeot, a 63-year-old man from Littlehampton, was uninjured.

Sergeant Rob Baldwin, of the Sussex Road Policing Unit, said: "Due to the dynamics of the collision, it was unfortunately essential for us to close both sides of the A27. This was to allow the Air Ambulance to operate, and for us to then investigate the collision and ensure the safety of all emergency service personnel, highways agency staff, and recovery operatives working at the scene.

"I would like to thank motorists for their patience and understanding whilst we dealt with this incident. We always work extremely hard with our partner agencies to try to get the Strategic Road Network re-opened as soon as possible following an incident like this, balancing the needs of the investigation with the need to minimise the disruption caused to motorists who are diverted and delayed on their journeys.

"In this particular case we re-opened the eastbound carriageway after two hours and 40minutes, and the westbound carriageway after three hours 20 minutes."

Anyone who witnessed the collision is asked to phone Sussex Police on 101, quoting 'Operation Imperial', or email 'collision appeal@sussex.pnn.police.uk'.

Second collision on A27 moments after the first

SHORTLY after police were able to open the eastbound carriageway of the A27 following a road traffic collision near the Portfield Way roundabout, a second crash occurred nearby.

Just before 5.30pm three vehicles travelling east towards Tangmere collided, blocking the outside lane. They were reported to be a Peugeot, a Nissan X-Trail and a Vauxhall Astra.

No one was trapped, but a woman involved suffered a shoulder injury and a man involved sustained a neck injury. None were thought to be serious.

The collision happened just past the A285 exit to Portfield Way.

Men arrested and charged following crash at Bognor

TWO men have been arrested and charged after they lost control of their car and it flipped on to its roof in Sefter Road, Bognor, at 2.40am on Sunday (1 December).

The men failed to stop for a police vehicle before their Peugeot crashed. The police vehicle was not involved in the collision. The two men were initially taken to St Richard's Hospital at Chichester with minor injuries and then arrested and taken into custody.

Mathew Dewey, 19, unemployed, of Trundel Way, Bognor, was charged with aggravated vehicle taking (being carried on) and causing vehicle damage, and Grant Sandford, 19, of Kenilworth Road, Bognor, a maintenance employee, has been charged with dangerous driving, driving without insurance, failing to stop for a police officer and aggravated vehicle taking.

They have been bailed to appear at Worthing Magistrates' Court on 21 January 2014.

Man taken to hospital after Pagham collision

A ROAD in Pagham was closed for several hours after a two car collision.

At about 3pm on Tuesday (December 3) two cars, a silver VW and a black VW Golf, collided at the junction of Sefter Road and Hook Lane, Rose Green.

The driver of the Caddy, a 57-year-old male from Southampton was treated at the scene by paramedics and taken to St Richards Hospital, where he remains in a critical condition. It is believed he could have suffered a medical episode.

The driver of the Golf, a 54-year-old female from Bognor suffered slight injury.

Police are appealing for anyone who saw what happened to call them on 101 or email collision.appeal@sussex.pnn.police.uk quoting 'Operation Stanstead'.

Inspector Paul Wood said: "I would like to thank the members of the public that stopped to administer first aid to the drivers of both vehicles. I would also like to thank the local community for their patience, whilst the roads were closed and the collision scene was examined."

CAT AND RABBIT RESCUE CENTRE

Beautiful ginger cats

GINGER CATS are always very popular at the centre, often snapped up quick by potential owners. Ajax should be no exception as he is a very gorgeous cat.

He arrived with us on the 28th October after being found as a stray in Bognor Regis. Ajax is a rather large cat with a big head and big squishy cheeks to match. These big cheeks are common on male cats that are unneutered. He is about 4 years old, has been neutered and is now ready for his new home. Ajax looks like a big bruiser but he is the biggest softy, he loves cuddles, kisses and a comfy lap to sit on.

Female ginger cats are a bit more uncommon than the males. We currently have two looking for forever homes:

• Hollie is 2 years old lady who was recently returned to us after being a little nervous of a new baby. She is a very friendly and affectionate cat that would suit quieter home.

• Maya is 1 year old. She is a very sweet girl who is a little bit timid and would love to find a patient owner who has lots of time to spend with her.

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

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Castles and Crowns at Oakwood

FROM JOUSTING tournaments before the King to crafting bows and arrows by hand, Year 2 pupils at Oakwood School near Chichester have loved their 'Castles and Crowns' topic this term. They have explored a real life castle, spent a day in the Oakwood woods with Forest Knight instructors learning some of the skills necessary to be a knight, eaten authentic medieval food and designed their own costumes as squires and ladies.

Oakwood's Head of Pre-Prep and Assistant Head, Yvonne Lee, said: "This is the creative curriculum at its very best. The children are fascinated by life in medieval times, whether it is writing a knightly code of honour or imagining what life might have been like as a lowly serf and they are learning without realising it. For me, the highlight of the topic was seeing the ladies, dressed in their medieval finery, deciding which of the squires should carry their favours during the jousting event. The teachers love the opportunities that the creative curriculum gives them to teach their children in such imaginative and inspirational ways. The children will remember these experiences for many years!"

Squire Ryan Nay and his horse preparing for the jousting event

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More exciting events unveiled for Chichester

Street entertainment in Chichester

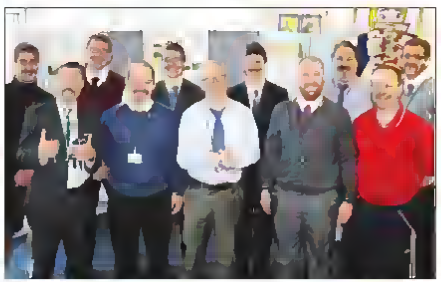
FOLLOWING the Christmas lights switch on event last Thursday, the Business Improvement District announced late night shopping which started last night (Thursday 5) and will continue on 12 December and 19 December, with most shops open until 8pm.

Late night shoppers will be able to enjoy street entertainment as they work through their gift lists, with internationally renowned visiting performers from Covent Garden, Tony Roberts a talented and entertaining escapologist and Richard Caraghty who delights crowds with his balancing act and circus stunts. Additional street entertainment includes bands such as Steel Strum playing guitar and steel drums, Autumn Reeds with their saxophones and TS Sturdy with their Marching Band. Singers include Charlotte Howard and Isaac Lewis and Arabeth Performing Arts School will be dancing in the streets of Chichester. Chichester RocChon will be performing seasonal carols to accompany shoppers and Father Christmas is stopping by with his Russian Troika sleigh outside NatWest on East Street or Jacques Vert on North Street, still taking gift orders from the good children of Chichester.

Chichester Christmas Market opens on Saturday 7 December with up to 50 stalls offering unusual Christmas gifts plus seasonal fare. The market will be situated along North Street and East Street until 15 December, with the ever-popular live nativity for visitors to meet Mary and Joseph with their donkeys outside Marks and Spencer on East Street.

For more information on events and activities taking place in Chichester between now and Christmas, please visit www.chichesterbid.co.uk

'Mo'vember 2013 at CHSB



The staff at CHSB proudly support Mo'vember with their facial artwork

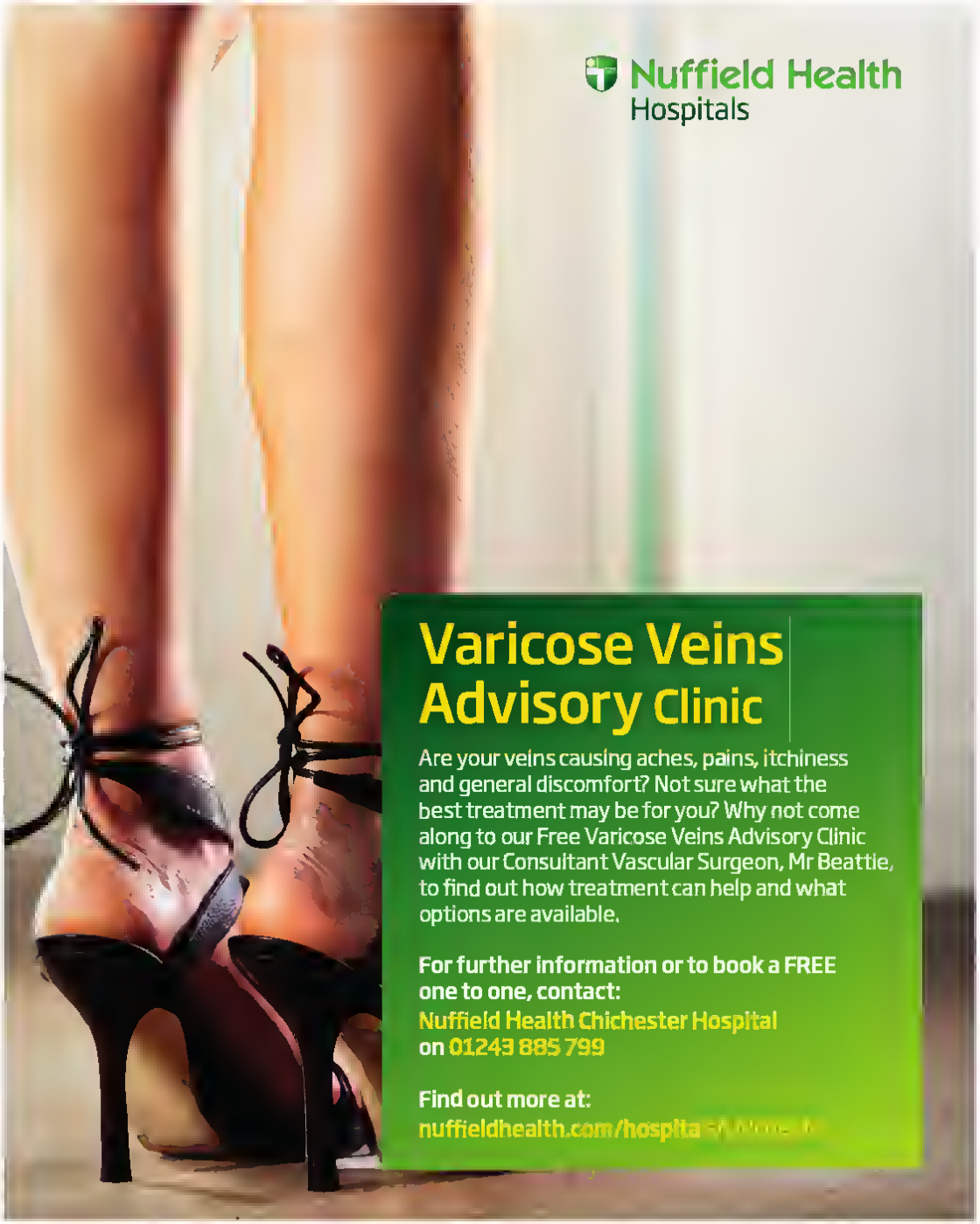
ONCE AGAIN the male staff at Chichester High School for Boys supported the International Charity, Mo'vember!

Sixteen members of male staff grew and groomed the perfect facial hair, to raise awareness of Men's health issues.

As a school they are committed to changing the face of men's health, and have been supporting this charity to promote discussions about men's health issues.

The students have been great supporters with their kind words of encouragement.

During a PSHE workshop, the students will have the opportunity to vote for the best staff 'Mobro'. Each year the moustaches become that little bit braver, and that little bit more elaborate, and this year was no exception.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'Movember' ends with shave -off at Chichester College

The 'Movember crew of Chichester College'

IF YOU have been alarmed by the number of men walking around the Chichester College area with a large volume of hair on their upper lip then do not panic anymore!

Teachers and support staff at Chichester College were itching to say goodbye to their Mo's as a professional barber from Lisa Edwards Salon came in to the College to take the weight off their facial hair with an old school cut-throat razor.

Since 2004, the month of November has been renamed Movember, allowing men of all ages to become moustached mavericks for the entire 30 days in a campaign to raise awareness of prostate cancer and other male cancers.

The 'Movember crew of Chichester College' gathered in reception on Friday 29 November shaking with anticipation as Barber Ruth Bocock from Lisa Edwards Salon shined her razor blade.

One by one, moustaches hit the deck as the men were put in the hot seat and said goodbye to their handlebars, horseshoes and bushy moustaches.

Will Chalmers, Assistant to the Chief Operating Officer at Chichester College and owner of the 'handlebars moustache' look organised the event, he said "Movember is a great opportunity to raise awareness of male cancer and we have done it every year at Chichester College. We received lots of support and donations and it was sad to say goodbye to my 'Mo'."

The gents did an amazing job with one team raising over £180 and the other team £210.

Chichester festive fundraiser for tsunami victims

CRABTREE AND EVELYN fundraiser raised more than £200 for Cocoro, a Japanese charity that continues to offer hope and support to tsunami victims.

Cocoro supporters enjoyed Christmas shopping and hand massages at the festive fundraising event on Tuesday evening at Crabtree and Evelyn in West Street, Chichester, raising money for victims of the devastating earthquake and tsunami that hit Japan in March 2011.

Mary Atkinson, from Chichester, who is UK representative of Cocoro, said: "I was delighted with the evening and it was a great opportunity to personally thank people who support Cocoro. It is so important to remember that the suffering for tsunami victims will continue for many years – sadly, many charities only support people in the first few stages of the trauma."

Since 2011, Cocoro has provided aromatherapy and massage in the tsunami area, including teachers and children in kindergartens and toddler groups, to help heal the emotional wounds in the aftermath of tragedy.

Jo Dowse, Crabtree and Evelyn store manager, said: "Christmas is the perfect time to combine shopping for special gifts with helping a charity. As one of the only charities that continues to visit the kindergartens and offer support to the children and teachers, Cocoro is such a good charity to support."

Mary (left) and Jo at the successful evening of fundraising

Crabtree and Evelyn provided drink and festive nibbles, gave £100 worth of products for the raffle, offered everyone a hand massage and gave a small gift to everyone who bought a ticket.

Cocoro founder, Takako Ando, a victim of the earthquake in Kobe in 1995, said: "The money raised will train local people to offer massage to their community. These people have benefitted from massage from Cocoro therapists on previous visits and now feel strong enough to offer similar comfort through touch to others."

Kaliko

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Based in Chichester, Kaliko Consultancy offers personal business development services to small and medium sized businesses in the local area

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The winner of the £500 worth of Miller Bathroom accessories competition was **Terquil Morgan** from Littlehampton

Santas on Motorbikes is a wheel success for St Wilfrid's

Photo credit: Jason Keffert Photography

THE FIRST ever Santas on Motorbikes event at Goodwood Motor Circuit was a roaring success, with 120 bikers coming along to complete laps of the motor circuit and then head out to the Hillclimb on the Goodwood estate.

Bikers spent a lot of time transforming themselves into super santas, with many adorning their bikes with all manner of festive festoons such as wrapping paper, twinkly lights, cuddly toys and even Christmas trees for the event, which took place on Sunday, 1st December.

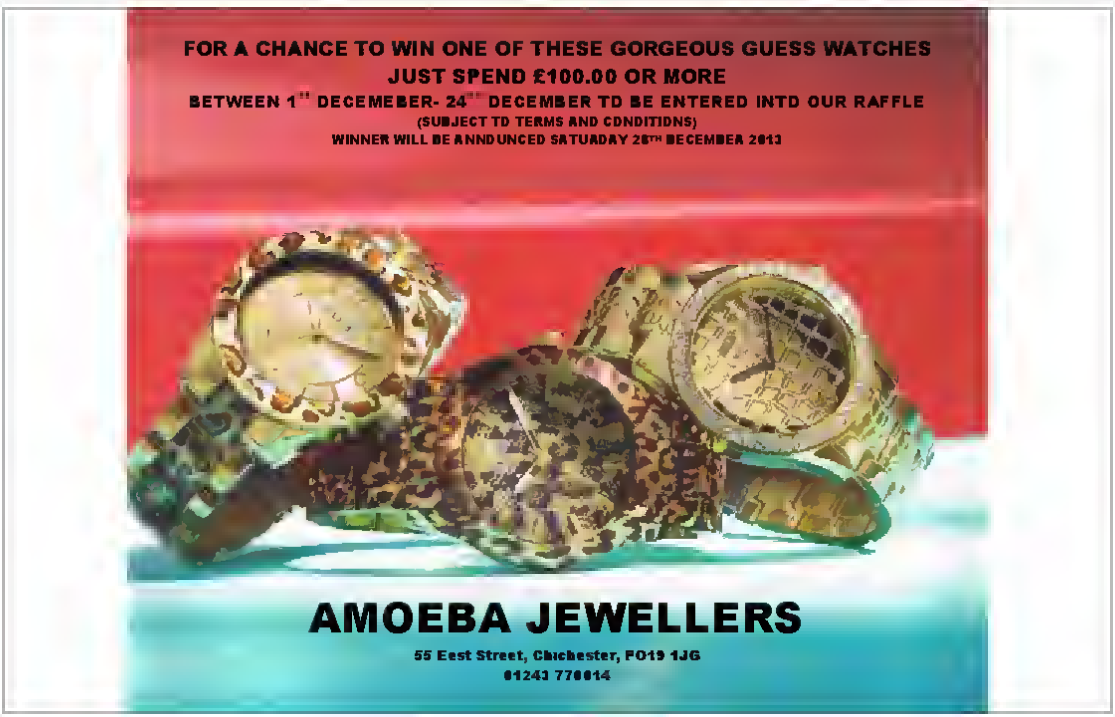
St Wilfrid's Hospice would like to say a huge thank you to the Goodwood marshalling team, led by Ian Stevens, who did a superb job on the track and to their own volunteers who came along to help out despite a very early – and slightly cold – start in the morning.

Motorbikes of all shapes and sizes could be seen, with bikers mingling before and after to admire their machines and enjoy hot drinks and bacon butties at the circuit's NAAFI wagon.

Worthing Community Band created a very festive atmosphere with their music while representatives of the county's Bikesafe initiative chatted to bikers throughout the morning and also acted as backmarkers during the lap circuits.

Hospice Chief Executive, Alison Moorey said: "This was a fantastic event to raise both much-needed funds and awareness of St Wilfrid's. I hope everyone had a wonderful time down at Goodwood and enjoyed this unique opportunity to experience riding around the circuit and up the Hillclimb.

"All the bikers were so generous and we really appreciated their support on the day. We hope to run the event again next year so we hope to see even more bikers all riding for the Hospice. Thanks to everyone who was involved."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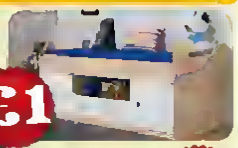

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Bring back the tea trolley and fruitcake!

Allis Moss

On the Case

I GOT soaked cycling to the station today and could have done with a nice hot cup of tea on the train up to London. But, as you'll know if you travel on them the trolley on the train vanished like an oasis in the desert a while back. The dilemma is whether to nip into the café on the platform, then board the train juggling your baggage and tea without scalding yourself and your fellow passengers or to bring one you made earlier with you.

A small flask costs around a tenner, has a couple of cups worth in it and stays hot for a commute and longer journeys. After half a dozen trips it has paid for itself. On the downside, you have to carry it back empty. What to have with our cuppa? I'm old enough to lament the celebrated British Rail slice of fruitcake. I only ever ate fruitcake on trains. It was as comforting as a home-knitted scarf. Oh well, I'm sure someone can just tweet me a picture of one and it'll taste almost as good.

Synchronised service

Why is it you can never get a meal and a cup of tea served at the same time? You've either finished your meal by the time the drink arrives or have to order another cup because the first one came twenty minutes beforehand. Even if you make a point of asking.

Take last Monday in Angmering. "I'll have the Christmas special, please, and a cup of tea," I told the lady on the till. "I'll pay for it all now but I'll come and get the tea when the food is ready."

"It'll be about ten minutes. Your tea's at the end of the counter," she said a moment later. It's like that theory that says there's no such thing as time travel in case you meet and marry your grandfather. The meal and the tea can't exist in the same dimension.

Battle of the Ratings

"They keep going on about Downton Abbey and EastEnders," I heard a woman say to her companion. These two giants go head to head at 8.30pm on Christmas Day. An hour before, Doctor Who will do battle with his most deadly foe yet, the likes of Corrie bad boy Peter Barlow on ITV1.

"But it doesn't really matter anymore, does it?" said the woman, "when you can record or watch it online." She's right. And the deferred choice might well be your favourite. A school chaplain told me he'd avoided watching BBC4's Borgen. Instead he planned a sumptuous night in for "a Borgen fest" along with plenty of tea and fruit cake.

Cup and Saucer

My Grandmother was a true Eastender, a salt-of-the-earth cockney who thought nothing of yelling out a private conversation from one end of the street to the other. She used to walk for miles—and make my grandfather go with her—to save a few pence on the price of a tin of beans. Her offer of builder's tea was terrifying, as her hands always shook violently as she bore down on you with a cup of steaming liquid quaking in its saucer.

Immediate gratification versus leaving the best till last?

As a child I remember a school friend's father telling her to "eat her yellow peas!" (sweetcorn.) The last I heard of her she was running a sausage chain. But at the time, her dad urged her to leave what she liked most till last. Somehow that stuck in my head. I also allowed a brace of Borgens to build up. And was then enraged to find the first one was no longer available on iPlayer.

Winter skies

Sunday, December 21 is the first day of winter. We aren't the only ones squabbling as we all prepare to dig in for the big freeze. While we're fighting over which channel to watch, the birds have their own reasons. A rather splendid friend, Jill, watched extraordinary proceedings unfold from her conservatory in Selsey. She saw a fully-fledged fight, waged mid-air, between the black crows on one side and a flock of white gulls on the other. It was the avian version of West Side Story. I wonder why they were fighting?

A thing of the past? (Other brands of tea are (or were) available)

And finally...

Have you seen the murmurations of starlings? I like to watch them in the morning describing patterns in the winter sky, a cloud of them swooping and diving as one, forming and reforming. Then they all alight on the uppermost branches of their chosen treetop for a chatter, like a load of pensioners deciding to drop in to their local pub.

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Free activity sessions for over 65s

IF YOU'RE OVER 65 and have always wanted to try a new activity then here's your chance – for free!

Chichester Get Active is a new activity scheme for people over 65 from Chichester Wellbeing. It provides support to help people find their ideal activity and includes a voucher to try that activity once for free.

Dozens of local sport and activity providers across the Chichester area, from bowls to swimming, are offering people their first session free for an activity of their choice. More than 200 activities are available.

Over 65s make up 26% of the population in the Chichester District. Sport England research has shown that 52% of adults in England would like to be more active, but that people are put off if they can't find a suitable activity close to them. Chichester Get Active aims to help people find an activity that suits their ability, interests and confidence levels.

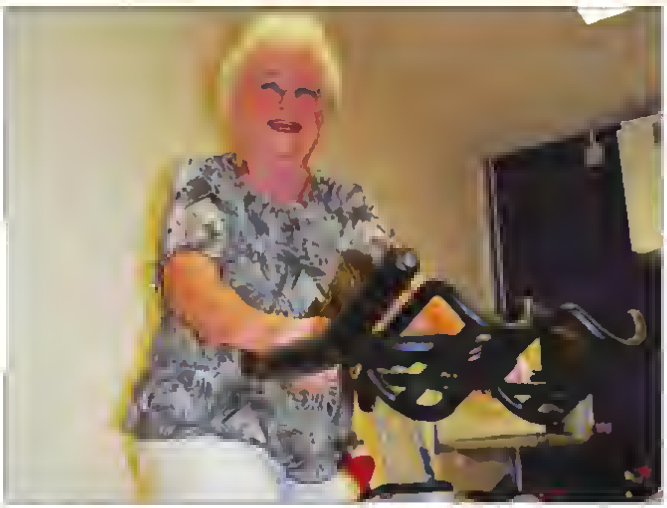
The activity advisors will help people choose an activity that suits their ability, and will find a location close to where they live and that is easily accessible to them.

Madge Lambert from Selsey is 90 and still makes sure she makes time for her regular circuit class at Westgate Leisure Chichester. She says: "I really enjoy coming to the classes. We do cycling, trampolining, rowing, step ups, weights and walking. I do feel it is doing me good. I also enjoy the social side of coming here as we do have a good laugh in the class. I am sure it has kept me going and my daughters encourage me to keep up the classes."

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services, says: "We know that staying active is vital at all stages of life, not because of the obvious health benefits, but also because they can be a way of meeting new people and enjoying yourself.

"If you're over 65, would like to get a bit more active or take up a new activity then this is for you!

"Many people are put off getting active because they think it will be too strenuous, they haven't exercised for some time, or perhaps they don't know where to go. We hope Chichester Get Active will help people find something they'll enjoy, start at their own pace and then continue to enjoy."



Madge Lambert, 90, from Selsey makes sure she makes time for her regular circuit class at Westgate Leisure Chichester

To register call free on 0808 172 9472. For more information about Chichester Wellbeing please contact Elaine Thomas 01243 534588.

Unflashy Christmas giving

By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

EVERYTHING about Christmas for little children is magical! Suddenly their world is full of sparkling lights, Christmas trees, visits to Father Christmas and of course, presents!

It's always tempting to buy the latest, brightly coloured, battery powered, push-button, light flashing, noise making, plastic toy! But the trouble is, the pleasure toys like that is short lived. The batteries run out and usually don't get replaced and once you have pushed a button a few times and it has always done the same thing, it stops being exciting. You'd be surprised how much fun simpler, more old-fashioned toys can be.

• For 0-2 year olds one of the best presents you could give is a 'treasure-basket'. Really young children love exploring different textures and finding out what happens when you bang things together. Plastic toys may look different but they all feel the same: smooth and cold. To create a treasure basket, all you need to do is find a basket with sides just tall enough for your child to see over the top when they are sitting on the floor. Fill the basket with natural textures: a pine cone, a tin lid, a small brush, a metal teaspoon, a silky scarf, a cork, an old saucepan lid. (Just make sure nothing can fit in the mouth!) Each object feels different and can be used in lots of different ways! Fill the basket so things are just poking over the top or falling over the side-too tempting for any baby or toddler to resist.

• Construction toys: plain or coloured wooden bricks, wooden railway sets or a box full of Duplo or Lego (if you can find any that are not part of a themed set, that's great: leaves more room for the imagination). Children will spend hours building, problem solving and creating.

• Imaginative toys: after all these years, the imaginative area in our Nursery and Children's Centre is still one of the most popular. A miniature teaset, some toy plates and cutlery and your kids will be making you cups of tea for the whole holiday season.

Children love to escape into imaginary worlds so dressing up clothes are always a good bet. And they don't have to be the most expensive, most up-to-date film characters. Sometimes all children need is a prop: a magic wand, a hard hat, a pair of too-big sparkly shoes and their imagination will run wild.

• Puzzles and board games: in these days of electronic gadgets and computer games, it's easy to forget how much fun you can have sitting round a table together playing board games. It brings families together in way that staring at a computer screen never can. It's hard to beat traditional games like Scrabble, Monopoly (if you have the stamina) or even Bingo but every year seems to bring amazing new board games for children (and adults) of all ages, although try to choose ones that aren't too complicated.

• Books: they might seem like the simplest present but they are often the best. There are so many beautiful, well written children's books around and sharing a story the night before Christmas can quickly become a treasured memory.

In the end the best gifts you can give your children this Christmas are your time, your attention and your love.

So whatever you end up buying them, take time to sit down and play with them. It's a magical world if you let yourself step into it.

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone 01243 642950. Website www.chichester-nursery.w-sussex.sch.uk

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An appearance from Santa*
(12.30 – 1.30pm)
Santa will be making an appearance during this time included in your entry ticket
*Should you wish to meet Santa in his Grotto then this is an additional charge and needs to be **pre-booked!**

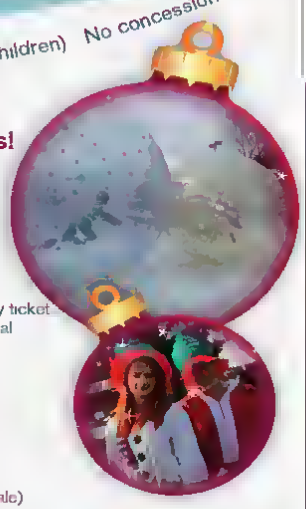
Finnegans Siberian Huskies
12.30 – 3.00pm (photo opportunities for a donation)

Meet the Elves and write a letter to Santa
who promises to reply to every letter received!

Entry to the Christmas Market (Festive delights for sale)

Festive Mini Golf, Treasure Trail, Woodland Walk and Play area

*Additional attractions which will incur a further cost such as Festive Food in the Cafe BBQ Face Paint 4 U Christmas Games plus more!



SATURDAY 7TH DECEMBER 2013 10AM - 3PM

ALL PROCEEDS FROM THIS EVENT WILL BE PUT TOWARDS OUR £4 MILLION FUNDRAISING APPEAL WHICH WILL IMPROVE FACILITIES AT THE COUNTRY CENTRE SUPPORTING ADULTS WITH LEARNING DISABILITIES TO GAIN EMPLOYMENT AND DEVELOP SKILLS TO LIVE INDEPENDENTLY

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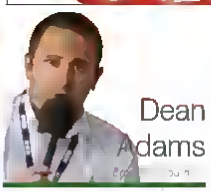
Drugs, 'coming out' and a trip to Harvester!

Nigella and her tasty buns



Dean Adams

POOR Nigella Lawson. She's being hammered by the media to the point where her career could be in ruins at a time where she was just about to be a big hit in America.

Now, I don't take drugs. Never have. Not unless you include a few smoked of a joint under the pier as a youngster. Apparently some people need to take this stuff to make them happy, but it wasn't for me. I've always liked a good drink though and found this to be my social fancy compared to those who take the hard stuff.

I'm not condoning it, but I think there is a difference between the odd social dabble and those who inject themselves in city car parks at night.

Nigella's lost a husband through cancer and recently experienced another tough marriage – give the girl a break and let her live a life she pleases.

I can't wait to see her back on the box at Christmas putting whole tubs of double cream in everything.

Let us know what you think @Chiherald

Fine dining... at the Harvester!

I QUITE LIKE fine dining. And I certainly love my food. But this week I did something unusual... I went to the Harvester.

Now, in my eyes it gets negative responses from the people I speak with and I certainly got a few odd comments when I told the office about my meal for one.

I needed quick and easy food and the Harvester was close by. A pint, the salad bar and their gourmet burger was an absolute delight. The place was packed and it's not expensive. It's also quite amusing that they put the calorie counts on the meals (although it put me off the puddings.) I couldn't fault the place one little bit and the lady who looked after me for the evening was an absolute pleasure. A few higher end 'reputable' places locally could learn a lot from her. I'll be going back.

I stand by what I said

I SAID in last week's column that the organisers of the Christmas lights would do better in terms of crowds if they had a 'celebrity' flicking the button.

Many of you emailed or wrote to me saying I was a little harsh with things – but you agreed.

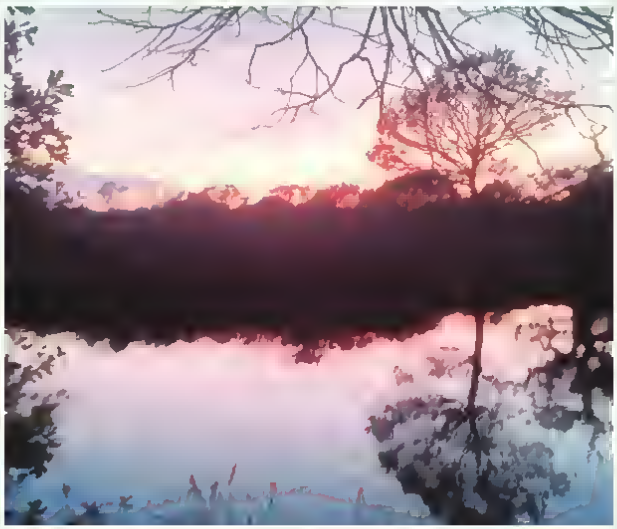
I still stand by my comments but I would like to say I heard it was a big success with a huge crowd. So congratulations to those who helped put the event on. Some of the photos we had taken look amazing. Well done.

(If you get a celeb next year the crowd would be even BIGGER!)

• Olympic star Tom Daley announced he was gay this week. I know what a massive thing this was for him to do as a very close member of my immediate family also announced this a few years ago. It becomes a huge weight lifted from their shoulders and I've never seen this particular member of my family so happy. Another person I know never did 'come out' and sadly took their own life. Being gay is your choice. So share the news and enjoy life.

Photo of the week

#Chichesterphoto



Sussex Garden Care @a_gardencare 2 Dec
What a sunset #birdham#witterings#chichester#uk pic.twitter.com/Glem8BInOe

Win a meal for 2 at Murrays

Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people [illegible]

The Chicheste Herald will be [illegible] competition sponsored by Murrays [illegible] every week where you [illegible]

For your chance to win this [illegible] please answer the following [illegible]

Can you guess where this picture was taken within the Chichester area?

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Entries close on Wednesday 11 December 2013 at midday. The competition is for one winner who wins a 3 course meal for two from the Prix Fixe menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was Goodwood Motor Circuit.

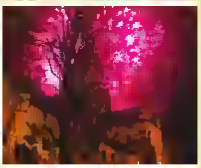
Chichester Christmas lights switch on gets thumbs up

CHICHESTER BID excelled themselves this year drawing impressive crowds to celebrate the annual Christmas lights switch on.

Crowds filled East Street and West Street as people gathered to listen to choir singers on the Cathedral green at 6.30pm, which was shortly followed by a Christmas tree blessing at the market cross and the annual light switch on. An impressive firework display followed after, along with a medley of festive tunes to put people in a festive mood.

Whilst a few stray pigeons flew in the night sky confused by the loud bangs of the fireworks, the crowds brought a great buzz to the city which brought welcome business to the cities restaurants and shops and provided a welcomed festive evening out for the residents of Chichester.

Local resident, Tina Howard said: "It's so nice to see the city so busy with smiling faces and festive lights. They've done really well this year."



The event was very well received by locals who turned out en masse to support the local event. Crowds of all ages including older generations and children ventured out to see the lights, choir and fireworks. Twelve year old Jenny Green said: "The lights are really nice. All my family have come to see it and I hope we can come again next year."

Tell us what you thought of the Christmas lights @ChiHerald

The Coca Cola truck is coming...

THE COCA COLA TRUCK is coming to Chichester on Friday 20th December.

With Chichester's eclectic mix of shops, appealing to such a wide variety of people, it makes sense for Coca Cola to put Chichester on their Christmas schedule for the famous truck to come and visit us for a day.

The Chichester Business Improvement District is thrilled that all their hard work has paid off and Coca Cola has agreed that Chichester is deserving of its Christmas magic.

*Savings figure based on heavy cigarette smoker and average Vapawell use

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Post office extends hours for letters and parcels

WITH CHRISTMAS DAY less than one month away, the Post Office has announced that Chichester Post Office branch will be offering longer opening hours in the run up to the festive season.

From Monday 2 December, the branch at 10 West Street will be open from 08.30 – 18.00 Monday to Friday and 09.00 – 16.00 on Saturdays, a total of 6 extra hours per week.

Stewart Fox Mills, Post Office Head of Marketing said: "Christmas is an extremely busy time for many people and we want to make it as easy as possible for our customers by offering longer opening hours at Chichester branch.

"Chichester Post Office is one of many branches across the UK that are now open for longer in the weeks leading up to Christmas. Visit www.postoffice.co.uk/christmas to find out more about the opening hours of other branches in the area, and all of the other things Post Office is doing to make Christmas that little bit easier for Christmas."

The Post Office is currently undertaking a multi-million pound investment programme across its branch network. With around 11,400 branches already modernised and offering over 35,000 extra hours of service per week the Christmas, including Saturday and Sunday opening times.

The Post Office's online offering has also been improved this Christmas. Helpful information from how to find your nearest branch to details of special promotions can be found at postoffice.co.uk/Christmas – along with a whole lot more.

One of the new features on the Post Office's online Christmas hub is a new service to help customers remember last posting dates for UK and Worldwide mails online and through a simple and free reminder service. Select the destinations you'd like a reminder for and the Post Office will send you an email and text message to help you get cards and gifts despatched in plenty of time, avoiding a last minute rush.

The Post Office, now independent of Royal Mail, is the largest retail network in the UK, with over 11,500 branches. It is one of the fastest growing financial services companies with over three million customers and the market leader for travel money.

Visit www.postoffice.co.uk to find out more about the wide range of products and services available from the Post Office.

Christmas lights in Midhurst and Petworth

Midhurst

The annual Midhurst Town Council Street Party will be held on Friday 6 December from 6pm until 9pm at Church Hill, Market Square, West Street. Roads will be closed from 3.30pm.

The party will include free attractions and entertainment, including Christmas lights, roundabout rides and carol singing. Father Christmas will also be making an appearance in his grotto on West Street and there will be late night shopping.

For further information please contact Midhurst Town Council.

The Spread Eagle Hotel will also be holding its annual Christmas Fair, featuring local suppliers and producers, on Friday 6 December between 5pm and 9pm in its Jacobean Hall to tie in the Town Council's Street Party.

Petworth

A whole range of activities have been organised to celebrate the switching on of the Christmas lights in Petworth on Saturday 7 December. The celebrations for all ages begin at 11am with stalls, entertainment and music including local choirs, and both static and live window display competitions. St Mary's Christmas Fair is on at St Mary's Church, and a Christmas Tree Festival is in the United Reform Church in Golden Square and a Christmas stable complete with shepherds and wise men at The Star Inn.

The light switch on will begin at 6.30pm! Shops will be open late. Christmas Carols will be performed by Petworth Town Band. There will also be mince pies and mulled wine courtesy of the Co-operative.

For more information, please contact Petworth Town Council.

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Jon hobson@hotmail.com 07581314025 www.vanguard-training.co.uk

Midhurst has Christmas all wrapped up!

THE MARKET TOWN of Midhurst has launched its own exclusive wrapping paper just in time for Christmas!

This festive take on the town's striking stag emblem is a combined initiative from the Midhurst Town Team, Melanie Burgoyne (Rural Towns Co-ordinator for Chichester District Council) and MidhurstFirst, the group behind the Midhurst Reward Card.

The wrapping paper will be available for sale in many of the shops and businesses around town. It's still hot off the press but it's already getting an incredibly positive response from Midhurst shoppers.

Carolyn Bishop, of Black Sheep, said: "The wrapping paper's not even been officially launched yet a customer who saw the paper thought it was such a lovely idea that Midhurst has come up yet again with something original for the town."

Geoff Allnutt, Chairman of the Midhurst Town Team said: "This is a really exciting development for Midhurst, we have an incredibly high percentage of independent businesses and we spend a lot of time encouraging people to shop locally. Using this paper and wrapping your locally bought presents in it is a really visible sign of that commitment – showing that we're all contributing to our local economy. It's certainly going to be a big feature under the tree in our house."

As an added bonus, the Young Enterprise Group from Midhurst Rother College is running a free wrapping service for any gifts bought in Midhurst. They will be open in the Queen's Room in The Spread Eagle on Saturdays 7th and 14th December in the run up to Christmas. Shoppers just have to take their gifts and receipts showing they were purchased in town and the wrapping will be done for them!

Melanie Burgoyne, Rural Towns Co-ordinator at Chichester District Council, says: "The Midhurst shops wanted to have something special to offer their customers particularly because so many residents are really proud of their town. Midhurst is one of the many hidden gems in the district, and we hope this idea will give residents and visitors an extra reason to discover the shopping delights to be found here."

Partygoers urged to 'look before you book'

IF YOU'RE PLANNING to eat out over the festive season, why not 'look before you book' and choose where to eat based on what is going on in the kitchen not just what's on the menu?

Each of Chichester District's food outlets, such as restaurants, takeaways and pubs, has a food hygiene rating. These range from zero (the worst) to five (the best).

The Food Hygiene Rating Scheme is a national initiative has been developed by the Food Standards Agency (FSA) in partnership with local authorities.

In the Chichester District nearly 1,300 businesses have been assessed and given a rating, which they are encouraged to display.

To find out the rating of the place you wish to eat:

- check all food hygiene ratings whether displayed or not on the premises online at www.food.gov.uk/ratings, or,
- download a free phone app. You can also look out for the distinctive green and black food hygiene rating stickers that some of the 1,300 businesses in the Chichester District will have displayed in their windows.

The aim of the Food Hygiene Rating Scheme is to reduce the one million cases of food poisoning suffered by people in the UK each year.

The information is being released as part of the council's 'Countdown to Christmas' campaign. Its aim is to help residents prepare for the festive season – from events and activities, to important information. This can be found at www.chichester.gov.uk/christmas

WESTRINGS
wish you a very Merry Christmas and a Happy New Year
Thank you for all your support during 2013
Excursions in the New Year
9th January Mystery Cruise, Farnborough & the Mayflower
9th/16th January Southampton Shopping
14th January Ridge Racing production OFFICE, Mayflower
24th January Creative Craft Show, Baldwin Park
28th January Guided Day With Brochure, including Wilko, Tolleys
11th February London Museums
14th February Valentine Meander
19th February Worthing Building Club
4th March Kimber Tour 'Are you being served'
6th March Tour of the Isle of Wight
10th March Chichester Landscape to the Needles
13th March Witley
18th March Super Drama Musical and Afternoon Tea
22nd March Goudhurst Bus Trip, Lunch Included
25th March Morton in Marsh, Cotswolds
28th March Eastbourne
1st April Chiddingstone Castle
7th April City of Ely
9th April Hinton Ampner National Trust Property
22nd April Henley on Thames and River Trip with Brunch
1st May Eynsham
8th May Apples and Pears
19th May Old Harry Rocks Cruise
4th December River Dance at the Mayflower
HOLIDAYS 2014
FEBRUARY A little Winter Luxury Imperial Hotel Torquay
APRIL Warners Thoresby Hall, Nottingham
MAY Wiltshire Wonder (details to be in the New Year)
JUNE Norfolk and Suffolk
JULY Bruges (details to be in the New Year)
SEPTEMBER Durham and the Northumberland Coast
OCTOBER North Devon Delights
IF YOU WOULD LIKE FURTHER INFORMATION PLEASE DO NOT HESITATE TO CONTACT US
WESTRINGS TRAVEL 01243 672411/01243 380053

Don't let thieves spoil your Christmas

CHICHESTER District Community Safety Partnership and Community Wardens are reminding residents to be on their guard and not to leave presents on show during the Christmas period.

They are offering seasonal advice to prevent people falling victim to opportunist thieves who may target homes with gifts left under the tree.

The advice comes as people across the district start to put up their Christmas decorations and put out their presents in full view of prying eyes.

Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing, and Community Services at Chichester District Council, says: "Putting all your presents under your Christmas tree before December 25 is unfortunately a big advert to opportunistic thieves looking in windows.

"Put your holiday goodies out at the last minute and make sure the windows and doors are locked at all times, even if you are home. You should also consider taking extra care when you go out shopping as presents left on a car seat can also be inviting to thieves. Christmas should be a fun time so please follow our practical advice and make sure your Christmas is a happy one."

The Partnership and Community Wardens are also advising people to beware after Christmas of putting empty packaging outside their house for rubbish collections. This can advertise to thieves new purchases or expensive Christmas presents.

At this time of year thieves also target large crowds of people in shopping centres. Make sure that your purse or wallet is safely inside your bag and that you keep it with you at all times.

The Partnership has produced a 'Property Inventory Sheet' for householders to record descriptions of valuable items. The list should be kept in a safe place by householders. Details such as type of property, serial number, a description and distinguishing marks, can be recorded and used to help identify any items if stolen.

For more information on keeping safe this Christmas or for a Property Inventory Sheet please contact the council's Community Safety Team email community@chichester.gov.uk or call 01243 534800.

How to spot the festive fakes – and why you shouldn't buy them

TIMES MAYBE TOUGH this Christmas, but don't be tempted to buy 'branded' goods that are suspiciously cheap. That's the message from West Sussex Trading Standards, who fear there could be a rise in counterfeit goods as the festive season approaches.

But how do you spot them, and what is the danger in buying them? Trading Standards have produced a series of handy facts for festive shoppers. Their top tip – fake goods will almost certainly be poor quality and may even be dangerous.

"We have found counterfeits in many places, including shops, markets, car boot sales and online," said Lionel Barnard, County Council Cabinet Member who oversees Trading Standards. "With tight budgets it might be tempting, but please remember if you buy these goods you may be giving money to organised crime, as well as undermining legitimate businesses."

Among the dangerous items:

- Unsafe copies of the Apple triangular plug charger. If it's marked 'Emerson Network Power' with a 'Made In China' logo, it could destroy your device and give you a 240-volt shock.
- Foreign labelled cigarettes and tobacco products. They may be cheaper but they're illegal in Britain. The content may kill you more quickly than legal products.
- Cheap mobile phone batteries – these can explode. Also beware of memory cards which may have far fewer gigabytes than stated, and items such as USB memory sticks, headphones, and 'designer label' handbags and clothing. Please tell Trading Standards if you see any of these on sale.

Trading Standards has also come up with useful advice for anyone Christmas shopping:

- Are the goods much cheaper than you would expect?
- Is the product poorly made, perhaps with spelling mistakes on the packaging?
- If you're buying online, does the website give full contact details for the seller, including physical address?
- Be aware that web addresses ending in .co.uk may not be in Britain.
- Use search engines to research websites to check for user problems.

The Brand-I website helps to promote safe online shopping and is a source of internet retailers selling genuine branded goods. Trading Standards are advising buyers to check this website before buying online. https://www.brand-i.org/

Still time to make Christmas magical with an NSPCC letter from Santa

THERE'S STILL TIME for people in Sussex to make Christmas extra special this year by ordering a personalised Letter from Santa for a child, and at the same time raise vital funds for the NSPCC.

For a suggested donation of £5 to the charity, a child will receive a fun, colourful and personalised Letter from Santa, arriving via 'Rudolph Mail'. The Letters feature a festive story tailored to their age and you can choose from seven different beautifully illustrated styles. Santa can even write a special poem to celebrate baby's first Christmas – a keepsake to treasure for years to come.

Each letter includes the child's name, age, gender, best friend or family member's name, favourite activity and achievements, as well as a special 'PS' option when you request your letter online. You can also choose whether the letter is signed by 'Santa' or 'Father Christmas'.

Last year, 50,791 children in London and the south east received a Letter from Santa.

Every £5 raised by Letter from Santa will help ChildLine be there for a child in danger or distress, either online or over the phone. Every £12 raised could help us talk to one primary school child about abuse and give them the confidence to talk to a trusted adult. And every £50 could help an NSPCC practitioner deliver two hours telephone support to anyone with concerns about a child.

The reindeer mailroom is open until midnight on 17 December 2013 and all those who request a Letter from Santa will be entered into a draw to win a once-in-a-lifetime trip to Lapland for a family of four.

Order your Letter from Santa online at www.nspcc.org.uk/santa or by calling 0845 839 9304.

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Nigella Lawson: I have used cocaine and smoked the odd joint

NIGELLA LAWSON has told a court she used cocaine during two periods of her life and has "smoked the odd joint".

The TV cook and author made the revelations under oath as she gave evidence to the trial of two former personal assistants who are accused of defrauding her and her ex-husband of hundreds of thousands of pounds.

"I have never been a drug addict," she told Isleworth crown court in London. "I have never been a habitual user [of cocaine]. There were two times in my life that I have used cocaine."

The first period, she said, was when her first husband, John Diamond, discovered that he had terminal cancer.

She said he had taken the drug as an "escape" and that she had joined him on six occasions even though she was not seeking a similar escape as she knew she had to look after him and their children and earn a living.

She told the court that the other time she had used cocaine was just over three years ago.

"There was another time, in July of 2010, when I was going through a very, very difficult time," said Lawson.

Nigella Lawson and Charles Saatchi were granted divorce in July

"I felt – how can I put this subjected to intimate terrorism by Mr Saatchi [Charles, her ex husband]. I felt totally isolated, in fear and just unhappy."

She said a friend of hers had offered her some cocaine and she had taken it, only to find it "completely spooked" her. She said she had immediately gone to tell her doctor, adding that he would agree that she could not possibly be described as a drug addict or habitual user.

"I did not have a drug problem," she told the court. "I had a life problem."

She said she had subsequently sought counselling for that problem.

Lawson also admitted to taking cannabis in the last year of her marriage to Saatchi. "I have to be honest, I have smoked the odd joint," she said. "I found it made an intolerable situation tolerable."

But she said she had now stopped using all drugs.

Lee Rigby trial: head was 'almost detached' says accused

ONE OF THE ALLEGED killers of drummer Lee Rigby told police the soldier was struck in the neck until his head "almost detached" as he said there was a war taking place between Muslims and the British people, a court heard.

Michael Adebolajo, 28, is accused of hacking Fusilier Rigby to death with a meat cleaver and knives, along with Michael Adebowale, 22, on May 22 near Woolwich barracks in south east London.

In police interviews, which were played to the jury at the Old Bailey, Adebolajo told officers what happened to the soldier. He said: "He was struck in the neck with a sharp implement and it was sawed until his head, you know, almost detached and may Allah forgive me if I acted in a way that is displeasing to him."

He also told officers it brought him "little joy" to kill anyone and said he didn't get any enjoyment from horror movies or seeing blood and gore across a camera lens.

In other interviews Adebolajo also referred to himself as a "soldier of Allah" and said people had not realised there was a war ongoing between Muslims and British people for many years.

He said people didn't realise the "wickedness and corruption of Tony Blair and accused David Cameron of trying to copy him, "as if he worships him."

Lee Rigby

News in Brief

• Britons pump £46billion a year into gambling machines with the amount wagered rising by nearly 50% in four years. Gamblers wagered a staggering £46billion on betting terminals last year – nearly 50 per cent up in four years. Dubbed the 'crack cocaine' of the high street, the machines allow punters to lose up to £100 every 20 seconds. They have been linked to the laundering of drugs money and councils are trying to rein them in.

• A man has been found guilty of 18 offences, including five rapes, after attacking six women in one night. Harbinder Khatkar, from Sinfin, in Derby, was found guilty of a string of attacks in the Pear Tree and Normanton areas of the city between midnight on February 1 and 9.00 the next day. The 37-year-old was also convicted of the rape of a woman in 2011 for which he had previously been acquitted. Derbyshire police said they were some of the "worst crimes imaginable".

• Entertainer Freddie Starr has been bailed again by officers investigating allegations of sexual offences. The 70-year-old, from Warwickshire, is due to appear before police in February next year. Starr was first arrested in November 2012 by detectives from Operation Yewtree, a police inquiry set up after the Jimmy Savile abuse revelations. Starr, known variously as a comedian, impressionist and singer, has lately appeared on TV reality shows. The Metropolitan Police have not identified the entertainer by name but released a statement saying the man had "now been re-bailed to return pending further inquiries". Starr has already been rebailed several times.

Chichester Business

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Chichester woman wins top law student award

FORMER University of Law student Gema West, an Associate Solicitor for Wannops LLP solicitors in Chichester, has scooped one of the major law student awards in the country.

Gema, aged 34, has won the annual Resolution Prize awarded by Resolution, an organisation with over 6,500 members who are family law professionals committed to easing the pain of family breakdown with minimal conflict.

The Resolution Prize is awarded to the student who obtains the highest overall mark in the family law paper of the Legal Practice Course across The University of Law's eight nationwide centres. Everyone intending to become a solicitor must pass this course before proceeding to the next stage of practice.

Gema was a student at the University's Guildford centre until July 2013 and scored 91 per cent in the Family Law exam, achieving a distinction in the LPC overall.

Prior to attending The University of Law, Gema qualified as a Legal Executive in July 2008. She studied part time to become a solicitor while practising law at Wannops LLP and was admitted as a solicitor on November 15. She continues to work for the firm and is now an Associate Solicitor.

Gema said: "I am elated to receive this award, it was a complete surprise. I have been dedicated to working in family law for many years now. It's currently a very difficult time in this area of law due to the vast changes to legal aid but we will have to see what the future holds."

She was presented with her prize by Resolution National Committee member Karen Barham from law firm Barlow Robbins at a prizegiving ceremony held at The University of Law in Guildford.

Karen said: "On behalf of Resolution I would like to offer my congratulations to Gema for her outstanding performance in the family law paper. Resolution is delighted to sponsor this award, which showcases the future talent in the family law arena, and the passion and dedication people have for this particular area of law. I wish Gema every success in her future career."

Gema West (left) is presented with the Resolution Prize by Resolution National Committee member Karen Barham watched by Gema's daughter Jessica

The University of Law is the world's largest professional legal training organisation for both student solicitors and barristers and attracts some of the country's most able students. It has centres in London, Guildford, Birmingham, Bristol, Manchester, Chester and York.

SOUTH COAST
HUMAN RESOURCES

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Varicose Veins - Discover your options for treatment

Mr David Beattie Consultant Vascular and General Surgeon at St Richard's Hospital, Chichester and at the Nuffield Health Hospital, Chichester explains more about Varicose vein treatments.

IT IS ESTIMATED that over a third of the population will suffer from varicose veins of the legs. Despite NHS treatment being available only for those with the most severe consequences of varicose veins, over 30,000 people are treated per year, with considerably more seeking private treatment.

Apart from the obvious cosmetic consequences of varicose veins, symptoms include aching in the legs, pain, leg swelling, discolouration of the skin, varicose eczema and the development of venous ulcers. Varicose veins develop when the valves inside the veins cease working properly. These valves allow blood to travel in one direction only along the vein back towards the heart. When the valve stops working it is said to be incompetent and the result is that blood flows the wrong way in the vein, a situation called reflux. This reflux leads to high pressure in the veins below and hence to the development of varicosities. Treatment is aimed at removing the affected segment of vein together with the resultant varicose veins.

Traditionally varicose veins have been treated with conventional surgery involving stripping, but this can be painful post operatively and is associated with a prolonged recovery period and consequently new techniques such as endovascular (also called endothermal or keyhole) surgery and ultrasound guided foam injection sclerotherapy have gained in popularity. In July this year the National Institute of Clinical Excellence published guidelines on the treatment of varicose veins and stated that the preferred treatment, where technically possible, should be endovascular with surgery being reserved for those who are unsuitable.

VNUS® radiofrequency ablation is one of the most common forms of endovascular treatment for varicose veins and has been performed at the Nuffield Hospital in Chichester for a number of years. The advantages over traditional treatment techniques include:

- Avoidance of a large groin or knee incision and no need for stitches
- Local anaesthesia
- Discharge from hospital usually within 60 minutes
- Return to full activity within 48 hours in most cases
- A significant reduction in post operative bruising and pain

The Nuffield Hospital Chichester able to offer a short complementary one to ones for those patients with varicose veins who would like to explore the options available to them for treatment. To make an appointment call 01243 885 799

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Chichester Business

Aldingbourne take the hat-trick plus overall Business of the Year at Arun Awards!

LOCAL CHARITY the Aldingbourne Trust has successfully scooped the hat trick at the Arun Business Partnership awards plus winners of the Overall Business of the Year. Winning categories were Marketing & Promotion, Business in the Community and WorkAid collected the Disability Awareness award; and if that wasn't enough the Trust won overall business of the Year 2013.

The last award in particular was very special as this is chosen by the Judging Panel alone and nominations cannot be entered.

Michelle McKinley Bell (Trusts Enterprise and Development Manager) said: "Wow! What a way to celebrate our 35th Anniversary! We are so pleased to have won these awards and slightly stunned to have been selected overall Business of the Year as there are over 40 other strong businesses within Partnership, many of which would have been worthy winners." Michelle added, "The Trusts ethos is to work closely with local businesses and organisations within the community and support adults with learning disabilities to find employment and live independently; this year in particular we have stepped up our marketing with a view to raise awareness locally in relation to the Trusts work."

Kevin Turner, a client supported by the Trust attended the evening and took great pride in receiving all four awards. Kevin also took great pleasure in presenting the Going Green Award to worthy winners, Old Chapel Forge, which the Trust had sponsored. He said: "I am so pleased, this evening has been fantastic. People won't believe us when we get back!"

The Aldingbourne Trust support adults with learning disabilities to lead independent lives and gain employment within the community. The Trust has recently launched a £4 Million Fundraising Appeal to develop the facilities at the charity's main site – the Aldingbourne Country Centre. The aim is to help the Trust become financially self-sufficient and continue to provide support to even more adults with learning disabilities and create additional employment and training opportunities for the future. Winning these awards will certainly help raise our profile and hopefully complement our credibility when completing future fundraising applications.

The Trust is always looking for new innovative ideas and projects to link with local businesses in the community; and on the lookout for employment opportunities for their candidates. For more details on the Trust or if you would like to work in partnership with them, please contact michellem@aldingbournetrust.co.uk or visit the website www.aldingbourne trust.co.uk

Charity fashion show gets the Q Hair And Beauty treatment

STYLISTS AND THERAPISTS from Q Hair and Beauty in Chichester worked their wonders at a prestigious charity event held in Arundel Castle on Saturday, November 23.

The event was held in support of local charity Home Start and attending the grand occasion, together with more than 200 guests, was the Duchess of Norfolk, who is patron of the charity.

The 23-strong team from the popular Q Hair and Beauty salon on North Street created catwalk looks for 24 models, including their hair and make-up, over the duration of the show, which was in two parts. Showcasing a variety of wearable all-day hairstyles and then an evening wear theme, the event raised more than £2,000 for the charity.

Q Hair and Beauty director of communication, Kain Lawrence, said the evening went very well. "We created 24 looks in under an hour and the charity was very pleased with our work and the support our team gave. Congratulations to Home Start for running such a great event.

Home-Start helps families with young children deal with whatever life throws at them, supporting parents as they learn to cope, improve their confidence and build better lives for their children.

Q Hair and Beauty is renowned for embracing community and charity projects. For more information visit www.qhairandbeauty.co.uk, Facebook.com/Qhairandbeauty

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Arts & Entertainment

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Now showing at Cineworld Chichester

Thompson is Saving Mr. Banks

Saving Mr Banks (PG)
Director: John Lee Hancock
Starring: Tom Hanks, Emma Thompson, Colin Farrell

★★★★☆

Utterly charming, frequently funny and powerfully emotional comedy-drama with a most delightful script, spit-spot on production design work and wondrous, award-worthy performances from Emma Thompson and Tom Hanks.

What's it all about?
Directed by John Lee Hancock, Saving Mr Banks is based on a true story and stars Emma Thompson as author Pamela Lyndon (P. L.) Travers, who agrees to fly to Hollywood in order to negotiate with Walt Disney (Tom Hanks) over the film rights to Mary Poppins. With pre-conceived ideas very much in her head, Pamela is adamant on two points: she will retain final script approval and there will, on no account, be any animation in the film.

When Disney appears to agree to her demands, Pamela gets to work on the script with screenwriter Don DaGrad (Bradley Whitford) and song writing brothers Richard and Robert Sherman (Jason Schwartzman and BJ Novak), but her insistence at niggling away at every tiny detail drives all three men to distraction. Meanwhile, flashbacks to Pamela's childhood (impressively played by newcomer Annie Buckley) in Australia with her loving but troubled father (Colin Farrell) and put-upon mother (Ruth Wilson) gradually shed light on just why she's so protective over Poppins in the first place.

The Good
Thompson is simply wonderful (and almost certainly Oscar nomination-bound) as Travers, a tetchy, no-nonsense woman who always speaks her mind, an audio recording of the real Travers that plays over the closing credits shows how spot-on her performance is. It's a testament to Thompson's portrayal that we clearly understand what a nightmare Travers must have been to work with, yet she remains sympathetic as we also correctly sense the deeper, achingly personal reasons behind her reluctance to let go of her creation, as such, her gradual softening is utterly compelling and powerfully emotional to watch.

Hanks is equally delightful as Disney, mounting a twinkly charm offensive, yet remaining every inch the clear-sighted businessman underneath – the scenes where he realises he's under-estimated Travers are nicely handled, as you can see his brain racing to course-correct, strategy wise. There's also typically brilliant support from Paul Giamatti (extremely touching as Travers' assigned driver, Ralph), while Schwartzman, Novak and Whitford are all splendid and a cast-against-type Farrell is heart-wrenching as Travers' father.

The Great
Kelly Marcel and Sue Smith's excellent script is charming, frequently laugh-out-loud funny and genuinely moving – it's also packed with wonderful sequences (every scene with the songwriters playing Travers the songs is fabulous) and there are a number of in-jokes and references for fans of the film. In addition, Hancock gets the tone exactly right (aided by Mark Livolsi's skillful editing, particularly in the flashback sequences) and there's a splendid score by Thomas Newman that cleverly incorporates refrains from the famous songs.

Worth seeing?
Saving Mr Banks is a thoroughly entertaining and superbly acted Hollywood story that's both deeply moving and laugh-out-loud funny. It will also make you want to watch Mary Poppins again and is certain to pick up a boat-load of Oscar nominations come awards time. Highly recommended.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION

Q **How many Oscars have Emma Thompson and Tom Hanks won altogether?**

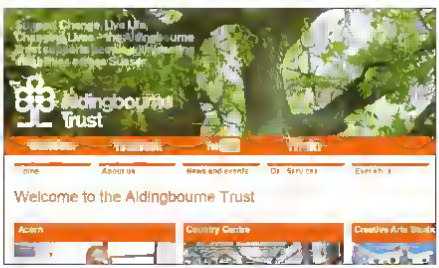
A. TWO
B. THREE
C. FOUR

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 10th December 2013 at midday. The winner will be notified later on that day. Last weeks winner was Christine Saunders from Petworth. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester PO19 8EL
0871 200 2000

Festive 'Vintage and Veg' Market



YAPTON AND FORD VILLAGE HALL will be host to a Christmas themed Vintage and Veg Market on Friday 6 December. Pop in for a spot of Christmas shopping and purchase some Festive food, delicious delights and gorgeous gifts. Stall holders will be selling traditional vintage style crafts, homemade gifts and locally sourced produce such as eggs, plants, organically grown vegetables, delicious savoury pies, tartlets, sausage rolls and locally produced apple juice. The Market is open to the public between 10am and midday at the Village Hall on Main Road in the centre of Yapton Village, everyone is welcome to come and browse, and hopefully be tempted to purchase local produce and crafts. Refreshments and homemade cake are also available when you are all shopped out.

The Market has been taking place every first Friday of the month since August and is organised by the Aldingbourne Trust, a West Sussex charity that supports adults with learning disabilities. The charity also has several stalls at the Market – organically grown vegetables, plants and pottery.

The Aldingbourne Trust and Market stall holders look forward to seeing you at this Christmas 'Vintage and Veg' on Friday 6 December and in the next coming months. For more information on the Aldingbourne Trust visit www.aldingbournetrust.co.uk or call 01243 542075.

Santa Fun Run for St Wilfrid's Hospice

LOCAL LADIES Milly Manley and Kate Hobson will be donning over sized Santa outfits (including beards) and running the undulating 5k route of the St Wilfrid's Santa 5k Fun Run this Sunday to raise funds for St Wilfrid's Hospice, Chichester

The course starts off at the Weald and Downland Museum with a challenging cross-country course leading energetic Santa's of all ages up hill and down dale to raise funds for the local hospice which heavily relies on local support for funding

Milly and Kate running as the 'Dicky Adams Duo' in memory of Milly's Great Uncle Dicky Adams and Kate's gran Nora Lillywhite who were given outstanding care in their final days at St Wilfrid's. All St Wilfrid's services are provided free of charge. They are not part of the NHS and rely on public support to raise the majority of their running costs, which this year will be just under £6 million. The hospice needs donations and public funding to operate and provide exceptional care and support to those that need it most in their final days of terminal illness

Milly and Kate have already exceeded their target of £200 including donations from hospice staff themselves, local residents and others who have had relatives looked after by the wonderful St Wilfrid's team

The girls will be accepting donations for up to a month after the event and would be most grateful of any spare pennies people can give to this great cause. To support this amazing charity, visit http://uk.virginmoneygiving.com/team/dickyadamsduo

Sky Diary December 2013

By Pete Littlejohns

Mercury is on the other side of the Sun so out of sight and Saturn, Uranus & Neptune are difficult to see at present

Venus at mid month reaches only about 10 degrees above the SW horizon following the setting Sun down by about 40 minutes with the crescent Moon fairly close by on the 5th.

The Earth's winter solstice occurs on the 21st of December when the Sun reaches it's most southerly point in the sky, giving astronomers the longest night of the year

Mars rises just after midnight in the constellation of Virgo and will be getting brighter as the month goes on. The Moon is close to Mars on the 25/26th night.

The giant planet Jupiter crosses the meridian in Gemini in the early morning, is close to the Moon on the 19th and well worth a look in good binoculars

The maximum of the Geminid meteor shower's on the 13th and fairly high in the SE. This shower often produces some very bright shooting stars of up to 100 an hour but unfortunately the Moon is at first quarter (half phase) and will drown out most of the fainter ones

Comet ISON 2012 S1 had it's closest encounter with the Sun of less than 1 million kms. On the 28th of November and assuming that this dirty snowball of only a few kms in diameter survives (watch the media) its path will take it between the constellations of Hercules and Corona Borealis through the month

Planetarium Shows and Dates December 2013

Sunday 08	3.30pm	Remarkable Comets
Friday 13	7.30pm	The Night Sky This Christmas
Sunday 15	3.30pm	The Night Sky This Christmas
Sunday 22	1.30pm	The Star of Bethlehem
Sunday 22	3.30pm	The Star of Bethlehem
Monday 23	7.30pm	The Star of Bethlehem
Tuesday 24	1.30pm	The Star of Bethlehem
Friday 27	7.30pm	Seven Wonders of the Solar System
Sunday 29	3.30pm	The Magic of Jupiter and its Moons
Monday 30	3.30pm	Hubble's Glorious Universe
Tuesday 31	3.30pm	The New Year Night Sky

Tickets: Adults £6.00, Children £4.00. Tickets are available in advance at the The Novium Tower Street, Chichester. Alternatively please phone 01243 774600 or ticket hotline 0845 8329731 to reserve your tickets. Payment by cash or cheque only on the day. A map showing our location can be found at www.chichesterobservatory.org.uk

What's On in your local area...

• Get in the festive spirit at Westgate Leisure Chichester's Christmas Fair on Sunday 8 December from 10am to 3pm. There will be a large variety of stalls, come and meet Santa, a choir and mulled wine. For more Christmas events and information see www.chichester.gov.uk/christmas

• Christmas Tree Festival – St Anne's Church, East Wittering, Nr Chichester from 6th December to 8th December. Friday 6th Saturday 7th 10.30am to 4.30pm & Sunday 8th December 11.30am to 3.00pm. Evening Concert Friday 6th at 7.45pm. ARUN SOUNDS (a barbershop chorus). Tickets £7 – to include wine & mince pie, tickets are available from St Anne's Church or Kings Bookshop East Wittering. On Saturday 7th St Anne's Christmas Fair from 10.30am - 2.30pm in the village hall. To close the Christmas Tree Festival St Anne's Church will have their Christingle Service with the Salvation Army Band. Sunday 8th December at 6.00pm

• Vintage and Very Nice are bringing over 25 small local traders to The Assembly Rooms on the evening of Thursday 12th and all day on Friday 13th and Saturday 14th for Vintage shopping and gift ideas for everyone. Tea room will be open with festive drinks on the Thursday evening. Free entry. Opening times Thursday 12th 4pm - 8pm, Friday 10am - 4.30pm, Saturday 10am-4pm.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving PO20 2BP. More details from Andrew@andrewperry.plus.com or 01243 776391

• CHICHESTER MODEL ENGINEERS' Santa Specials. Come and meet Santa at Blackberry Lane, Chichester PO19 7PS Sunday afternoon 8th December 1.00 p.m. to 4.00 p.m. Entry ticket prices. £8.00 for children including a gift from Santa £4.00 for everybody else with a hot or cold drink, and mince or apple pie. Free train rides for all visitors. For more information, visit the web site www.cdsme.co.uk

• Chichester Art Society's new programme of workshops for early 2014 offers great opportunities to local artists

There's a relaunch of the popular Figures & Faces Workshops on Tuesdays 1.30 - 4.30pm starting January 7th for 12 weeks to March 25th. Portrait and Life Study alternate starting with Portrait Study. You can work alongside local artist Lucie Cookson who will be overseeing the poses and offering an overview of work during the session. (Non-members: £11 per session or £10 if three or more booked). Limited to 20 but enquiries about availability can be made up to 10am on the day by contacting the Secretary (see below)

The Society's full programme of meetings and workshops for 2014 is on the website: www.chart[illegible]

All workshops are at Ba[illegible] Shippam Centre, Tozer Way, St Pancras, Chichester PO19 7LG (parking and easy access). Prices include refreshments but not materials. Further details from the Secretary on 01243 602360 or email jean.campbell@ren.co.uk or text message 07831 666451

• Monthly meetings carried out partially in Welsh, rest in English all levels of Welsh welcome - meetings in members houses- contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

If you would like a non-profit or private charity event listed then send 70 words to events@chiheraldnews.co.uk. All listings are subject to change without notice and menus listed here as supplied and in good faith. The Chichester Herald cannot be held responsible for any changes occurring after publication

Food & Drink

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Delicious home-made food in beautiful surroundings

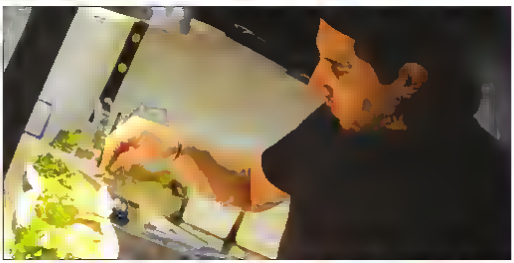
Quintessentially British menu offering great food in a relaxed atmosphere

WALK THROUGH the bar door at The Fox Goes Free, Charlton, and you are greeted with delicious smells, cosy open fires and welcoming staff, not to mention an excellent choice of ales and wines to sip by the fire while you deliberate over the tempting specials board and varied menu. Popular as both a pub and place to stay, The Fox Goes Free has been awarded the 2013 TripAdvisor Certificate of Excellence and has a long standing reputation for its excellent food.

The friendly staff are very well versed on the menu, offering recommendations and personal favourites to help those undecided on their meal choices. Even though we visited on a Monday night, the restaurant and bar were packed with locals and new comers enjoying the food and atmosphere. Given it's location in the heart of the downs, The Fox Goes Free is the perfect place for walkers to stop for a hearty pub lunch or to enjoy a cosy evening meal in beautiful surroundings. The pub has maintained it's original features including wooden beams, flint walls, open fires and low ceilings, creating a comfortable environment to relax and unwind.

The perfectly cooked tempura prawns are a must as a starter. Served with sweet chili sauce, greens and a balsamic glaze, the generous portion of meaty prawns with herb batter are the perfect start to any meal.

Though it was hard to choose from the mouth-watering menu, we fully recommend the home-made pork, sage and pear pie nestled on a bed of winter vegetables with a rich and warming gravy and hand cut chips. Offering a hearty and wholesome meal packed with beautiful flavours, it goes particularly well with the fruity and full-bodied Australian Black Shiraz from the varied wine list. Alternatively, try the deliciously creamy scallop, chorizo and spinach risotto. Large pieces of chorizo and meaty scallops, folded into perfectly cooked risotto with generous helpings of fresh spinach. Finished with a peppering of roasted pine nuts and delicate notes of lemon and garlic, it does not disappoint. The New Zealand Sauvignon Blanc compliments the fresh scallops and lemon flavours perfectly with it's fruity gooseberry notes.



For dessert, there is a choice of home-cooked favourites as well as mini taster puddings which you can order with tea or coffee for a sweet finish if you over indulge on the main course.

The pub is open for Christmas, including Christmas day, as well as New Years Eve featuring a wide selection of home-cooked festive dishes with a twist. As well as dining, The Fox Goes Free also offers accommodation (which has been awarded 4 AA Stars), quiz nights, gourmet evenings, wine tastings, Friday night meat raffles, hog roasts and charity events.

To contact the team and book your table, call 01243 811461 or email enquiries@thefoxgoesfree.com. The Fox Goes Free, Charlton, Nr Goodwood, West Sussex PO18 0HU
01243 811461
www.thefoxgoesfree.com

Food and Restaurant Review

Portion size Hearty and satisfying
Service Friendly and welcoming
Value for Money Very reasonable
Ambiance Very cosy, comfortable and relaxed - it's hard to leave!

Let us know what you think @Chiherald

Tesco customers set to help hungry families this Christmas

As research shows more than a quarter have found it harder to feed their families over the last year, Tesco, the Trussell Trust and FareShare launch the UK's biggest ever food collection

AS CHRISTMAS approaches and temperatures start to plummet, new research published today reveals that more than one in four people in the UK have skipped meals, gone without food to feed their family, or relied on family or friends to provide food over the last year.

The research showed that 40 per cent of households across the UK have seen their situation worsen over the last year and just over a quarter say that they have struggled to buy the same amount of healthy and nutritious food that they did 12 months ago.

The research, carried out by Tesco, foodbanks charity the Trussell Trust and food redistribution charity FareShare, comes as the three organisations prepare to hold the Neighbourhood Food Collection, the biggest ever food collection in the UK from 29 November to 1 December 2013.

The cold weather and the pressure of providing at Christmas, combined with the continued rise of fuel and living costs, means that over a third of UK households will resist putting the heating on to ensure that food is readily available for the family. For those who have experienced food poverty things are even more difficult, with more than 60 per cent admitting that they will go cold to provide food.

Despite the challenges that many face, the generosity of the British public is stronger than ever and in the last year Tesco shoppers have helped to donate a total of 5.9 million meals. Liverpool comes top of the list, with two stores in the city donating more food than any other stores, followed by stores in Falkirk and Newcastle. As with previous collections, Tesco will be topping up total donations by a further 30 per cent.

Chris Bush, Tesco UK Managing Director said "Signs are that the economy is improving, but we know that consumers are not feeling it in their pockets just yet. This research shows how hard it has been for some families over the last twelve months, and we know that those on the lowest incomes in particular struggle to meet the cost of rising household bills. We want to use our scale for the benefit of the communities we serve and through our Neighbourhood Food Collection we are working with charities that are supporting the most vulnerable. The support for our previous two collections has been incredible and I've been impressed by the spirit of communities across the UK who have been so generous in donating."

The Neighbourhood Food collection will take place in every Tesco store in the country and will help to provide much needed food for the for the 400 foodbanks in The Trussell Trust foodbank network and the 1,000 UK charities supported by FareShare. Volunteers from the British Red Cross will be supporting FareShare volunteers this year in Tesco stores for the first time.

Lindsay Boswell, CEO of FareShare said "This shocking research confirms what we're seeing on the ground, people across the country are finding it incredibly tough. We're now supporting more than 1,000 frontline charities that offer a hot meal and invaluable support to 51,000 people every day. Alarmingly, one in five people turning to these charities for help are children under the age of 16. As the cold weather sets in it becomes even harder, as people struggle to keep warm and provide enough food for themselves and their loved ones. Support for this collection is vital in ensuring we can provide our charities with even more food just in time for Christmas."

Research Key Findings

- 20 per cent of people have skipped a meal in the past 12 months as a result of not being able to afford food
- This figure rises dramatically amongst those who have experienced food poverty, with 96 per cent having had to skip a meal on more than once occasion
- A third of those who have experienced food poverty have gone hungry in order to feed their family
- More than 20 per cent of the population are worried about how some of their family members, friends or neighbours will be able to feed themselves this winter
- 20 per cent of people who have experienced food poverty would donate to a food collection, food bank of a charity even though they are struggling themselves

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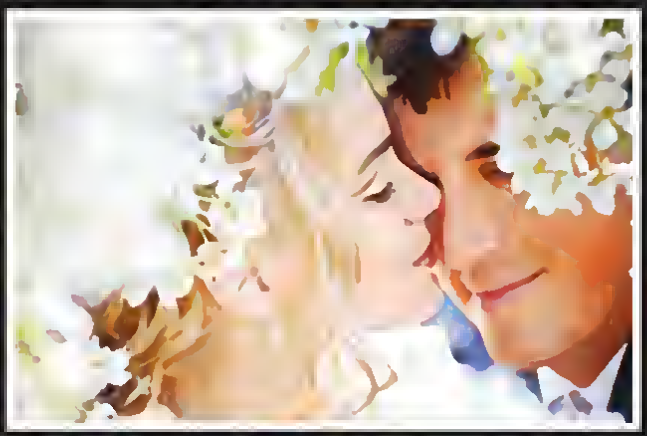

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You either love them or hate them!

AS KIDS we usually hate them, and as adults we grow to like them (ish), but these strange little green vegetables have great health benefits

History

Brussel sprouts are a cultivated bunch of wild cabbage that are selected for their leafy and small green buds, which commonly just look like mini cabbages Brussel sprouts are a long-storied vegetable because their forerunners have been around since Ancient Rome, where they were already cultivated at that time Unsurprisingly, the modern version of Brussel sprouts as they are known today began to be grown in Belgium, sometime in the 13th century

Health reasons to eat them.

1. Sulforaphane

If you are concerned about getting cancer or merely concerned with warding it off, you will want to learn everything you can about sulforaphane It is a chemical that is thought to contain anti-cancer properties and this is thought because of research and studies establishing a link between this chemical and anti-cancer properties Interestingly, Brussel sprouts are not the only vegetable that are thought to feature this amazing chemical Broccoli have properties that exhibit sulforaphane as well

Denise Kelly

Naturopath... nal Therapist

If you want your Brussel sprouts to feature high levels of this chemical, do not boil them Instead, steam or stir-fry your Brussel sprouts, as these cooking methods do not cause a big loss of the anti cancer effect of sulforaphane

2. Sodium and Fat Content

Another reason you ought to be eating Brussel sprouts is simply that they are healthy for you in regards to the sodium and fat content, which are both quite low For a serving that consists of 3.5 ounces, Brussel sprouts only include a negligible 0.3 grams of fat and a reasonably good 25 milligrams of sodium Having a low sodium and fat content means that eating Brussel sprouts will be heart friendly, among other things Low fat content means a lot lower risk of fat accumulating around your arteries and causing you heart problems. Since sodium has also been linked with morbid diseases like hypertension, cardiovascular problems and edema, having a low sodium content in Brussel sprouts is comforting

3 Good Source of Vitamin C

An important nutrient for people of all ages, vitamin C also functions as an antioxidant because it helps your body to fight off oxidative stress Vitamin C is also a potent fighter against the common cold!

So try adding a few more lightly steamed Brussels to your plate this Christmas! It may just give you what you need

Mistletoe

Ancient people such as the Druids, considered mistletoe sacred because it remains green and bears fruit during the winter when all other plants appear to die Druids would cut the plant with golden sickles and never let it touch the ground They thought it had the power to cure infertility and nervous diseases and to ward off evil!

For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body, please contact her on info@deniseKelly.co.uk or 01243 528848.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester West Sussex @DrKNutrition

IF YOU STOP GOING TO THE GYM, THERES SOMETHING WRONG WITH THE GYM

A gym shouldn't be an expensive luxury you never use. It should be somewhere you actively want to go. At Nuffield Health we base our approach to health and fitness using our clinical expertise from our hospital background. The first thing we do is give you an in depth MOT looking at 12 different measurements of clinical health and a detailed assessment of your lifestyle preferences By measuring things like blood glucose cholesterol levels aerobic fitness and blood pressure every individual member comes away with their own unique healthscore This we can use to track your health and fitness improvements. For most people the measurable improvements they see are reward enough, but we go one step further As an extra encouragement, we also offer fitness rewards with a voucher pack worth at least £100 for you to redeem

You may find it's a refreshing change from the other gym you joined The one you never want to go back to

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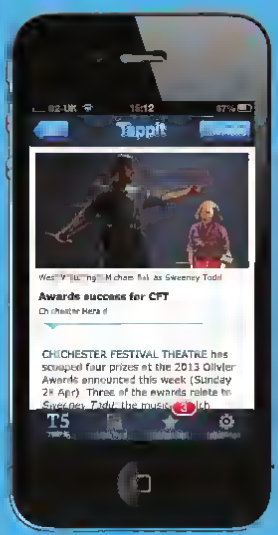
Tappit
Awards success for CFT
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to
T5

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Top cringe worthy fashion mishaps

OVER A QUARTER of women surveyed (26%) revealed that the dress in underwear moment was the most embarrassing of all, especially when it is pointed out by a stranger.

In second place, and often taking place in a restaurant or bar, is finding out that a trail of loo paper has stuck itself to the sole of your shoe.

Third place, with 12% of the votes, is discovering the blouse or dress you are wearing is in fact see-through, and that your old grey bra is actually on show to everyone.

Realising your top is on back to front halfway through the day is deemed the 4th most embarrassing moment by those polled, followed by the classic Marilyn Monroe skirt blowing up moment.

Leaving the price tag on your clothes for all to see, leaving your buttons/fly undone and the classic VPL blunder all also feature on the list.

More common in winter is the classic case of getting dressed in the dark which leads to a catastrophic clashing of garments. The least common mishap is wearing two different shoes by mistake, which 3% of women rated as their most embarrassing fashion moment.

Debenhams spokesperson Kate Thomas said: "In the lead up to the festive party season women are more conscious than ever about making fashion faux pas, especially at the office Christmas do or during any mischievous mistletoe moments.

"With everything else to think about over Christmas it's likely these will happen so the best thing to do is laugh it off and style it out a la Kate Middleton – after all it is the season to be jolly!"

Memorable celeb fashion mishaps include Judy Finnigan's bra reveal, Janet Jackson's superbowl boob moment, Gaga's on-stage trouser split and Gwyneth Paltrow's accidental see-through dress at the Iron Man 3 premiere.

No	Top ten fashion mishaps	% of votes
1	Dress tucked into knickers	26%
2	Finding loo roll stuck to the bottom of your shoe	10%
3	Discovering your blouse is see through	12%
4	Realising your top is on back to front	10%
5	Skirt blowing up in the wind	9%
6	Price tag left on	6%
7	Buttons/fly undone	5%
8	VPL	5%
9	Getting dressed in the dark and ending up in clashing outfit	5%
10	Wearing two different shoes by mistake	3%

Smartphones and tablets - the tech babysitter

BUSY PARENTS admit they regularly hand-over their smartphone or tablet to their children – to grab some peace and quiet, a study has found. Researchers found a large percentage of mums and dads who own up-to-date high-tech devices will happily let their children play with them in a bid to catch up with household chores or grab a quiet ten minutes.

Others said they were happy to use their smartphone or tablet as a high tech babysitter to keep the kids entertained whilst they were dragged around shops or in other public places.

The research, which was commissioned by LifeProof, also found around seven in ten parents feel their children are 'brighter' because of their early exposure to technology.

And close to one in three parents with two or more children said they had noticed a difference in the development of their youngest child in comparison to an older sibling, who grew up without technology.

A spokesman for LifeProof, said: "It's great to see how many parents are using their smartphones and tablets as educational tools for their children – and that even the very youngest members of the family have something to gain from using these devices.

"With over half of parents revealing their children use apps better than they can, the study shows a real trend towards children using gadgets as part of their learning and development.

The study also revealed one third of parents notice their child is increasingly interested in their phone and tablet and wants to interact with the technology so they can 'be like mum and dad'.

And nearly two thirds said their child would very often rather play with their mum or dad's phone or tablet than play with their own toys.

The average parent hands over a gadget to their kids at least three times a week because they're exhausted.

While six in ten use time on a smartphone or tablet as a way of rewarding their young ones for good behaviour.

The change in mindset is clear – 75% of parents think the ability to engage with technology is now a crucial part of a child's development.

Results suggest the impact of early exposure is working – one in four parents said their young child is already far more adept at using smartphone and tablet technology than them.

Inevitably, the damage toll is high with a fifth of parents having had a phone or tablet broken or screen cracked after handing it to their children.

The most common cause of damage was items being dropped in the house, while spillages and gadgets being lost completely were common.

The average parent has spent £110 in the last year fixing gadgets, while two electrical devices had been broken by kids in the last 12 months alone.

The LifeProof spokesman added: "Let's face it broken gadgets are a sure fire way to put an end to family harmony and so ensuring things don't come to that is important.

"Things don't always run smoothly and parents are increasingly in need of the reassurance that expensive damages aren't just a matter of time!"

Horoscopes

6th - 12th December
Horoscopes from Kimi

Aries *21 March – 20 April*

You love the festive season and throw yourself into it in a really big way. You need to be cautious though. Don't put too much pressure on yourself and others and keep an eye on your credit card bill. We know you love to give but remember it does have to be paid for at some point.

Taurus *21 April – 21 May*

Family and partner take centre stage this week. There may be some unresolved conflict in relation to the former and you may need to clarify your needs with the latter. Whatever the dynamics of your personal relations you need to show some caution and diplomacy when voicing concerns if you are to avoid conflict and permanent distance between you.

Gemini *22 May – 21 June*

Big things are happening. Are you moving house, booking a group holiday or refocusing your life in a significant way?

At work you are beginning to feel a little frustrated as you are unclear as to the parameters within which you have to work. Don't get cross, get clarification. As far as your love life goes, time to listen!

Cancer *22 June – 22 July*

You feel confident in your career decisions and quite rightly so. You now know what choices you have to make not only to secure advancement but to bring job satisfaction too. Apply the same principles of deduction to your private life and all will be well. Don't be afraid to show your softer side to a loved one!

Leo *23 July – 22 Aug*

This is a great week for partying and catching up with old friends and family. You may reconnect with someone from the dim and distant past whilst out on one of these sojourns. Just remember to leave the rose coloured glasses at home. If you have a loved one don't forget to include them. If not then proceed with caution.

Virgo *23 Aug – 23 Sept*

You're in the holiday mood and ready to let your hair down. But first don't forget to get to grips with those little tasks. If not, they could turn out to be mammoth ones! You are in a passionate mood. It's a good week for expressing your feelings whether of love or disappointment as long as it is done sensitively.

Libra *24 Sept – 23 Oct*

You need to get a few early nights and eat a few salads in preparation for what is to come. You are likely to be in high demand over the next few weeks and that could mean high indulgence so be warned. You are in a creative mood. Use this as an aide when choosing seasonal garb, food or gifts.

Scorpio *24 Oct – 22 Nov*

Last week was about investments this week is still finance related but is likely to be career development and increased pay. A close friend or relative is going through a tough time and may ask for your help and advice. Although you can clearly see the problem and the solution remember they can only see what they want to see!

Sagittarius *23 Nov – 21 Dec*

Feeling a little overwhelmed by the amount of love that is being showered on you lately. Don't. Enjoy. If anyone deserves this you do. You are likely to be making travel plans or undertaking a bit of spontaneous travel in the not too distant future so keep your passport handy. Don't wait until New Year: renew your gym membership now!

Capricorn *22 Dec – 20 Jan*

You tend to focus inwardly this week thinking of changes that you know are coming or you want to make. This is not necessarily a bad thing but just remember that although everyone else seems to be having a good time appearances can be deceptive. Don't feed your insecurities if you need a kind word and a cuddle just ask.

Aquarius *21 Jan – 19 Feb*

At work you could have a rush job that has to be completed before the Christmas deadline and this could lead you to abandon some of your usual diplomacy and tolerance. Don't be afraid of upsetting people. This surprise behavior in you may be just the shakeup others need to view you differently. You'll be seen as feisty not fiery!

Pisces *20 Feb – 20 March*

A dinner with friends does not of itself exclude a networking opportunity. These two things are not mutually exclusive. You are likely to make good career or business connections this week but these won't materialize as such until sometime in the New Year. So be ever vigilant at all times and not ever but slightly sober most of the time!

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Take the family to a Frozen place

LOOSELY based on Hans Christian Anderson's The Snow Queen, Disney's latest animation, Frozen, will be released in the UK on 6 December. Set in the snowy Kingdom of Arendelle, cinema goers will meet a number of characters including Olaf the snowman and a reindeer called Sven.

Frozen is sure to inspire families to visit northern climes, to experience their own Disney-esque landscapes complete with fantastically-photogenic snowscapes, furry reindeer, huskies and snowball fights. Here's how to do it (whilst wrapped snugly in warm layers)

Frozen – at Christmas

Menesjärvi – a traditional reindeer herding community in Finnish Lapland – is perfectly placed for experiencing the real Lapland. Outside the Lapp-owned hotel, a remote landscape awaits, perfect for exploration by snowmobile, luck sled or on cross-country skis. Meet a reindeer herder and his animals, and learn how to feed and lasso the herd. Test your wilderness skills in the forest, perfecting map reading, lighting a fire, heating a traditional sauna and identifying animal tracks. Maximize your chances of a Northern Lights sighting, with workshops and Aurora hunts both in a snowmobile-pulled sleigh and on snow-shoes, try your hand at mushing a team of enthusiastic huskies and discover the ancient art of ice fishing at a frozen lake. Departing 23 December 2013.

Menesjarvi – Family Northern Lights Hunt at Christmas costs from £1,695 per adult or from £1,345 per child (8-15) including flights (London), transfers, six nights' full-board accommodation, all activities, cold weather clothes and guides/instructors.

Activities Abroad offers family Lapland trips during the Christmas holidays, the February half-term and at Easter.

For a full list of trips, see activitiesabroad.com/family-winter-holidays

Bamboo Travel urges visits to the Philippines

COVERAGE of the recent devastating typhoon that hit the Philippines has left the impression that the country is well and truly off the tourism map for the time being but this is not the case according to Tim Milner, Director of Bamboo Travel.

Comments Milner: "The media is doing a good job in generating money for the relief campaign but they are also giving the impression that all 7107 islands have been flattened, which is far from the case.

"The Philippines' Department of Tourism (DOT) has said that tourism will play a "significant role" in rebuilding the country after the devastation of Typhoon Haiyan and it is with this in mind that we would like to point out that many of the islands (such as Luzon, Cebu, Bohol & Palawan) are open for business and ready to receive visitors, they are so dependent on tourism for putting food on the table.

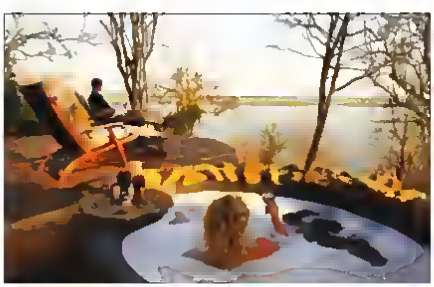
"January through to April is a prime time to visit the Philippines and people can not only enjoy a fantastic holiday but know that they are helping the recovery at the same time."

Bamboo Travel offers tailor made travel to the Philippines but also has a choice of 'off the peg' itineraries from 14 to 23 days in duration and costing from £2595 pp for the 16-day 'Highlights of the Philippines'.

For more information, visit bambootravel.co.uk.

To make a donation to the disaster relief fund, visit dec.org.uk

Follow in the footsteps of Kate Humble in Zambia



IF THE EXPLOITS of Kate Humble and Simon King in the BBC Africa 2013 series – most recently in Zambia's Luangwa Valley – have whetted your appetite for a genuine adventure of your own, then the answer has to be Chameleon Worldwide's independent 14-day Falls, Bush and Beach in Luxury holiday.

Two of the lodges used on the itinerary – which are among the very best to be found in Africa – financially support local community projects, including the funding of local schools and the building of houses for teachers.

Day three of the suggested itinerary offers the opportunity to enjoy a morning boat cruise on the Zambezi – so you can enjoy the view without any effort. However for those who would prefer to do the paddling themselves in a canoe, that too can be arranged.

One of the other major highlights of the trip is a visit to mighty Victoria Falls, known locally as Mosi-oa-Tunya or The Smoke That Thunders. The English name was chosen by Scottish explorer and missionary David Livingstone, in honour of the Queen.

Though it is not the highest, nor the widest waterfall in the world, its combined width and height make it the world's largest single falling sheet of water.

The jam-packed itinerary on the trip also includes searching for the Big 5 in the South Luangwa National Park, diving or snorkelling in the crystal clear water of Lake Malawi, exciting night-time safari drives, boat safaris down the Luangwa River looking for hippos and crocs and a paradise island stay on Likoma Island.

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The holiday can depart any day from June to October (which are the best months of the year to go) and costs from £6300 pp (two sharing). This includes international flights, all transportation, activities as detailed on the itinerary, 11-nights' accommodation, most meals and guides.

For more information, visit chameleonworldwide.co.uk.

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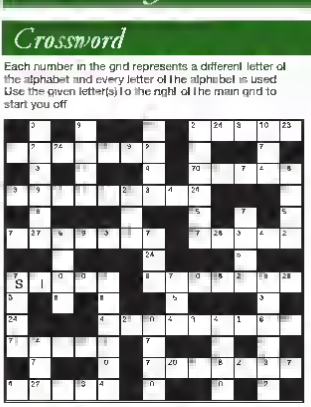
Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	I
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26	

Last week's solutions:

1	Y	2	B	3	D	4	K	5	E	6	F	
7	X	8	C	9	R	10	U	11	O	12	I	

13	T	14	A	15	W	16	N	17	P	18	L	
19	V	20	S									

Wordsquare

I	H	S
S	E	N
O	S	W

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average,
20 words - good,
25 words - very good;
30 or more - excellent.

Last week's solutions

arturing, aslorn, askorning, aslfing, sunng, andsron, enlish, anon, aegon, arld, dang, rlaning, ekrn, rlarning, rfrag, dragon, drsin, d aurng, gain, gowd, gonad, grad, grain, gran, grand, greun, Ingrien, Inraid, narls, nand, oaning, orsun, , rsidelning, oxgen, rscte, rsding, rsden, ra rl, rs rfing, rain, rsnning, rsng, rsn, rsset, rsun

Double Crossword

Choose either quick or cryptic clues.

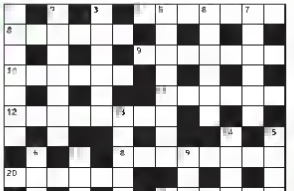
Cryptic Clues:

Across

4. In a bad temper the day none came round (7)
3. Writer with a point (6)
9. Marked dates in wrongly (7)
10. One by one on the football field (6)
11. You need inspiration to draw one (6)
12. The silliest form of dislike (8)
19. Rambling rose that gives varied resistance (6)
20. Young female accompanist (6)
21. Depression that shows in your face (6)
22. A breach of security (7)
23. Packed as a precaution (2,4)
24. Haircut that's in pride (7)

Down

1. Lays out feuds (7)
2. Poetically upside down (7)
3. Entertainment that's a nice change to mathe (6)
5. A short one needs re-shaping, don't forget! (4,4)
6. Thanks of love and languishes (6)
7. Puts up a secret entanglement (6)
13. Not the more usual foreigner (8)
14. Temporary false teeth (4-3)
15. Guided a horse holding half the rein (7)
16. Statesman may wear it with a black tie (6)
17. These creepers poulet rel poisonous (8)
18. Possibly tore in from the East (6)



Quick Clues:

Across

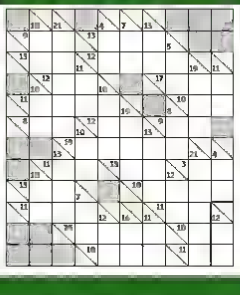
4. Narrabou (7)
8. Avador (6)
9. Blow up (7)
10. Shrewd (6)
11. Look upon (6)
12. Surround (6)
18. Definite (6)
20. Ohnaux (6)
21. Nupted (6)
22. Clatus (7)
23. Guste (6)
24. Keep unde (7)

Down

1. Discussdeu (7)
2. Shield (7)
3. Subject (6)
5. Meeting (5)
6. Constrain (6)
7. D spositon (6)
13. Hyparnitcal (6)
14. Seem (7)
15. Rich (7)
16. Control (6)
17. Superior (5)
18. Country of the Middle East (5)

Last week's solutions.
CRYPTIC Across 1 Dispositron, 8 Oil 10 Normal on 11 Repel 13 Penguin 14 Danish 18 Oxide, 19 Sea kale 19 Perper 20 Important 21 Lee 22 Head-dresser Down 2 Ill 5 Panel 4 Scribe 6 Trainer 8 Oligarchy 7 Comradeship 8 Ant federal 12 Preapple 18 Shared 17 repair 18 Pates, 21 Lie QUICK- Across 1 Pathfinders, 8 Pet 10 Reputable, 11 Nasty 13 Receiver 14 Overdo 18 Appear, 19 Artiste, 19 Dread 20 Entertain, 21 Den, 22 Free and easy Down. 2 Apt, 3 Hardy 4 Impart 5 Defeats, 9 Rebel on, 7 Opinionated 8 Never-ending, 12 Spectator 15 Deserve, 17 Retain 18 Dunce, 21 Ore

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions.

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > From top to bottom: S=simple, I=intermediate, D=difficult

Simple

	1			6		3		7
	3	6			1		9	
	7	2	9		3	4		
7				2	8			
		1	5		6	8		
	8		1	4				5
6		4			7	1	5	
	5		6			2	3	
		8		1			6	

Intermediate

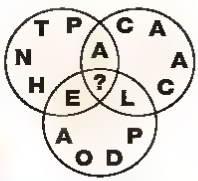
		1	7		9	2		
	3			2			6	
9					6			8
		5	3		1	6		
	7			6			5	3
6		3	4		5	8		
7								6
	5			8			9	
		6	2		4	3		

Difficult

					8			1
	5						7	
				4	2	8		9
		5		3				
1	6			9			3	7
				7		4		
5		9	3	8				
	7				9		1	
2			4					

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words, and the letter represented by the question mark?



Last week's solutions:
The letter represented by the question mark is L. Lampard, Ballack, Scholar all Chelsea FC players past and present

Alphamuddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off

	R			
			A	
				E
		S		
E				

A

S	L	E	A	R
B	A	S	E	L
E	C	I	T	E
B	U	R	G	E
C	A	R	E	R

B

Last week's solutions
Pagan, Alive, Gives, Avert, Nests

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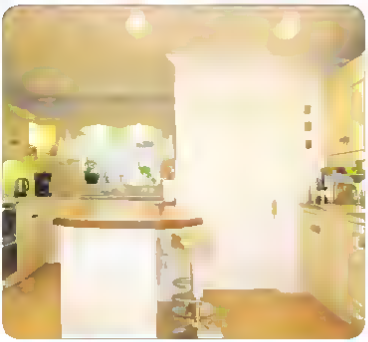

Buy to Let investments

Hancock and Partners estate agents explain why bricks and mortar can offer a better return on your money than the stock market

ACCORDING to recent reports, rent rates are now around 41% of our monthly income. Given this significant increase on previous rental rates, there is no better time to invest in a buy to let property to maximise your return on investment.

Buyer confidence is at the highest it's been since 2007, with the property market struggling to cater for the increased demand in first time buyers cashing in on the Help to Buy Scheme, which is planned to remain in place until 2017. Such purchases come with stipulations from mortgage providers, usually meaning that purchasers cannot rent out their property for at least the first 2 years of their investment, putting buy-to-let investors in a favourable position within the market.

At Hancock and Partners, we try to ensure that we have a number of sales properties across a varying price range to cater for a wide spectrum of buy-to-let properties including desirable town houses and rural family homes. With contract workers coming to the city for work placements and events (Theatre actors/actresses, doctors and surgeons, contract workers for large firms in the local area, Goodwood events and the University), as well as many local reputable schools requiring a family home address within catchment for families moving to the area, there has never been a better time to invest. Given Chichester's desirable position on the South coast, there will always be a demand for young professionals, couples and families looking to move to the area.

Whilst the sales market is predicted to rise consistently in the next couple of years, by investing in a Buy to Let property, not only are you investing at the right time before properties become potentially over inflated, but you are securing a significant return on your investment by reaping a significantly higher interest rate than if your money was sat in a low interest savings account or gambled on a volatile stock market.

So why isn't everyone doing it? Like any profit making investment, it does come with associated risks which can easily be avoided if sufficient research is done into investing in the right property.

We can help you to ensure you make the right choice in property, choose the type of property that will generate the best return on investment, projected rental rates you are likely to achieve and which geographical areas are best to invest in.

If you purchase your buy-to-let property with us, we can manage it for you at a discounted rate to ensure you get the best ROI and do not have the hassle of recruiting a trust-worthy tenant.

We pride ourselves on our experience, knowledge and market position as Chichester's longest standing independent estate agent. We care for our landlords and tenants with a dedicated customer service and maintenance team for emergencies and piece of mind.

Many of our landlords have purchased their properties with us after coming to us for initial advice and guidance. We also offer assistance to existing home owners on how they can add value to their homes and boost resale profit margins.

For more information or a friendly chat, call our sales team on 01243 531111 or our lettings team on 01243 531155. www.hancockandpartners.co.uk @HancockAndPtnrs

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ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation G.F.H. u.P.V.C. double glazing fascias & soffits cavity wall insulation, minikrm. lounge dining rm sitting rm. kit/breakfast rm. master dressm. with en suite bathrm. four further bedrms. second bathrm shower rm. hallway integral garage and gardens including a sectioned courtyard garden with heated swimming pool. EPC rating is D

FORD **£795,000**

A detached cottage style house set in approx two acres of ground offering superb sweeping rural views. The property has potential for further development if required. Cloakroom, entrance hall/study. dual aspect living room. dining room. good size kitchen. separate utility room. master bedroom with en suite shower room. two further bedrooms. second shower room detached triple garage with studio/office over. heated swimming pool and hot tub. 2 timber garden store. EPC Rating. E

ALDWICK **£675,000**

Spacious & interesting attached property situated in a small private marine estate with access to the beach. The property which would benefit from some refurbishment comprises the West wing of approx. half of the original detached house. G.F.H. & solar panels. majority dble glazing. impressive dual aspect open plan living rm plus sep. dining area. sun rm. kit/breakfast area. shower rm. first fl reception rm. first floor kitchenette. master bed with en suite shower rm. 2 further bedrms. bathrm. dble garage and good sized grdns. EPC RATING. E. Further 3 bedroom adjoining flat/annexe now available. EPC RATING. D

NYETIMBER **£430,000**

An extended and refurbished cottage style house situated in a quiet cul de sac. The specification includes g.f.h., refitted shower room. dual aspect living room. ground floor bedroom study. triple aspect kitchen/dining room. master bedroom with en suite shower room. two further double bedrooms. e dual aspect luxury bathroom. e recently constructed brick built garage and good sized secluded gardens. EPC RATING. C

CRAIGWEIL-ON-SEA **£419,950**

A detached bungalow situated in a small private estate within 100 yards of the shops and around 200 yards of the beach. The property would benefit from some modernisation. u.P.V.C. dble glazing. g.f.h. kitchen with sep utility rm. master bedroom with en suite bathroom. 2 further bedrooms. bathroom. det dble garage & a South West facing rear garden. EPC Rating. D

ROSE GREEN **£315,000**

An attached house situated in a residential development within 400 yards of Rose Green schools, shops and doctors are located a little further to the East. G.F.H. u.P.V.C. d/glazing. cloakroom. lounge. kitchen/dining room. delightful conservatory. master bedroom with en suite shower room. three further bedrooms. bathroom. detached single garage and an easily maintained South West facing garden. EPC RATING. C

ROGNOR REGIS **£215,000**

A semi detached house situated in a small cul de-sac within half a mile of the town centre and the station approx. 300 yards from the beach. South facing living room. u.P.V.C. double glazed conservatory. kitchen. three bedrooms. bathroom. garage situated in a nearby compound and a South facing rear garden. EPC Rating. D

Motors

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New drivers spend almost 5% of their annual income on car insurance

NEW DRIVERS buying their first car are spending a higher proportion of their annual income on car insurance than more experienced drivers, according to recent analysis from MoneySuperMarket.

The comparison site analysed almost 12 million car insurance quotes run on the site over the course of a year. It found both new and more experienced motorists spend 15 per cent of their annual income on running their car, £2,866 and £3,967 respectively. However, a breakdown of their respective motoring costs shows new drivers buying their first car spend 30 per cent of that money on car insurance while more experienced drivers spend 9 per cent on car cover.

The MoneySuperMarket analysis is based on the typical annual wage of a new driver being around £19,000 per annum versus a more experienced driver typically earning around £20,000. Relating these figures to the average cost of car insurance for both types of driver shows that an average spend of £849 on car insurance for new drivers amounts to 4.46 per cent of their average annual wage. This compares to just £330, 1.29 per cent, being paid on average by those who are more experienced behind the wheel.

The analysis also found over three years new drivers are spending a staggering 95 per cent of the initial cost of their first car on insurance, compared to only 16 per cent for more experienced drivers.

Kevin Pratt, car insurance expert at MoneySuperMarket, said: "It is well documented that the cost of car insurance for younger drivers is high, but what's shocking is that the cost of car insurance for new drivers accounts for a third of their total annual motoring spend – over three times the amount more experienced drivers pay.

"It might be surprising to see that both types of driver spend the same proportion of their annual income on paying to run their car, especially considering first time drivers tend to have a lower value car and they drive fewer miles, meaning a smaller spend on fuel. However, the bulk of the money they pay out is on car insurance, accounting for 4.40 per cent of their typical annual salary.

"When looking at the motoring spend of more experienced drivers, we found more than half of their motoring spend goes on paying for a higher value car whereas the cost of their insurance is the equivalent to just 1.29 per cent of their typical annual salary.

"Finding legitimate ways to cut the cost of their car insurance benefits every driver, whatever their age. Examples include buying a car in a low insurance category, boosting security measures, and driving fewer miles each year. Telematics based policies are another option for drivers who are keen to reduce the cost of cover, especially for younger age groups and those who tend to do low mileage. If a newer or younger driver can show they drive safely and responsibly the reward is often lower premiums.

"The overarching message for all motorists wanting the best value deal on their car cover is to shop around and compare car insurance when searching for a policy. Repeating the search process at each renewal means drivers of any age should be on the road to the best value car insurance. Those who shop around for cheaper premiums using MoneySuperMarket save £309 on average."

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Football

Chichester City Ladies progress in FA Cup

THIS SUNDAY saw Chichester City Ladies return to FA Cup action with Gloucester City Ladies the visitors to Oaklands Park. Having played in Chichester's league, South West Combination, two seasons ago the green army knew they would face their toughest test of the competition so far. Having progressed into the first round proper via an 8-0 win against AFC Wimbledon the team were keen to equal their best run in the competition.

In the first two minutes Gloucester enjoyed their best spell of the half forcing a corner in the first minute. Fortunately for the hosts the corner was put straight out for a goal kick. After the early scare Chichester sparked into life with Cheshire and Ambler causing problems up front. Cheshire then created a fantastic chance for her strike partner Ambler however the ball across the box was about a yard out of reach of her outstretched leg. A fast paced break culminating in an inch perfect through ball from Widdowson saw Cheshire one on one with the keeper, after setting herself she applied a very composed finish to make it one nil. Cheshire then doubled the lead with another fantastic finish.

Having had the lion's share of the play Chichester got their third when Ambler broke through the away defence and placed the ball low into the net. Cheshire then created a chance for the returning Willet, again the cross was agonisingly close to being converted. The home side were now well into their stride, creating several more chances and looking to increase the gap, the best of these falling to Wride however the travelling keeper did well to thwart her from close range. Despite their dominance Chichester were unable to increase their lead going into the break and felt they should be further in front.

The second half began as the first ended with the green army pressing for more goals. It wasn't long before Ambler scored Chichester's fourth with another fine finish after some impressive build up play in the attacking third of the pitch. It was Chichester's fifth that was the most impressive of the tie. A freekick on the Chichester right was masterfully delivered to the back post by Wride for the perfectly timed leap of McGlashan to power a header into the net. After the goal the Gloucester city coaching staff showed their mutual appreciation by commenting that was the most impressive goal they had seen in a long while.

Continuing to play impressive attacking football it was a question of when the home side would get their sixth. The goal was scored by the second half substitute Strudwick after making a well timed run to the back post to put the ball into the net from a looping cross from the left. Chichester then began to ease off, Gloucester some possession in the midfield area. McNamara was beginning to be called into action however her decisive decision making stopped any real chances being created.

The draw was completed at 13:00 on Monday 2nd of December and will see the ladies face another home tie to Enfield, who play in the south east combination league on January 12. Chichester's next game is against Keynsham this Sunday at Oaklands Park, kick off 14:00.

City: McNamara, Symonds (Hughes-jones), Mcglashan, Alexandre, Cballen, Fowke, Willet (Strudwick), Widdowson, Wride (Harnett), Cheshire and Ambler.

Chichester City hold high-flyers Crowborough

Saturday 30 November 2013
Sussex County League Division One
Chichester City 1 – 1 Crowborough

By Chester Browton

CHICHESTER produced a battling performance to earn a draw against third-placed Crowborough.

Centre-half Peter Hibbert scored his first ever goal for City before Division One's joint leading marksman Sam Carrington equalised for the Crows.

With only one victory in their nine previous matches and several players out injured, Chichester appeared to have a tough assignment but were boosted by handing a debut to one-time Eire youth international George Landais.

And the striker almost got off the mark in the third minute when he dashed through with only the keeper to beat but failed to keep his composure at the vital moment.

It didn't take long for Crowborough to work their way into contention though, and a close-range effort from Carrington was only averted by Hibbert flinging himself at the ball. Then, on 17 minutes a thumping 20-yard volley from Jeffrey Mahadoo produced a brilliant save by Anthony Ender.

City's 34th minute goal was somewhat against the run of play. Ender launched a long free-kick that led to Landais having a shot at goal. The ball was only cleared as far as Hibbert on the edge of the box, who sent in a rather untidy rebound that nevertheless found its way into the net.

During the second half it was Chichester that generally produced the better chances. Gareth Sanashee blasted over the top on 50 minutes, followed by an excellent delivery from Connor Cody to Morgan Forry where keeper Nick Collick just managed to intervene. Cody then slipped through on his own in the 66th minute but hammered his shot over the bar.

Crowborough then made a double-substitution that proved to be an inspired move, instantly ramping up their performance. On 75 minutes, a Wayne Clarke throw in allowed Callum Ridley to make some rapid headway and cross for Carrington to head home the equaliser – his 18th of the season.

The Crows continued to press during the closing stages, gaining several corners, but Chichester defended stoutly to hold on for a deserved point.

City: Ender, Heath, Sanashee, Boniface, Hibbert, Cody, Ansa, F Smith, Landais, Kilner, Forry. **Subs:** Groom, Brookes.

Straight from the commentary box

Unsung hero's received recognition at the Sussex Sports Awards

SOMETIMES there are moments when you feel truly humbled in sport, or in life for that matter. Last Friday was certainly one of them. It was a wonderful moment when the team from the Brighton and Hove Special Olympics went on stage to collect their award at the Sussex Sports Awards in the Grand Hotel. It was a fantastic night with stars such as athletes Sub Roger and Faye McClelland celebrated for a successful year. However, the night really belonged to the unsung heroes of the county's sport; the volunteers, the helpers, the coaches, the administrators, the mums the dads and a host of other people who make grass roots sport happen. Even the companies who have turned around the health of employees were rewarded for their inspiration and endeavour. There are too many winners and nominees to mention but congratulations to all those people involved on the night.

On Tuesday night at the Amex ahead of the Barnsley game there was also a wonderful tribute to the late Peter Bentley who served Sussex football so well for so many years. Also in the spotlight this week are Brighton and Hove Albion manager Oscar Garcia and goalkeeper Thomas Kuszczak who have been short listed for the manager and player of the month awards for November. It certainly was a few weeks to remember. The Seagulls won 3 games and drew one last month conceding only 2 goals. The winners will be announced on Friday (today) but it's welcome recognition for the squad.

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Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	15	41
2	HORSHAM YMCA	16	30
3	HASSOCKS	15	30
4	CROWBOROUGH ATHLETIC	16	27
5	LITTLEHAMPTON TOWN	14	26
6	DORKING WANDERERS	16	26
7	EAST GRINSTEAD TOWN	15	25
8	SELSEY	15	23
9	NEWHAVEN	15	23
10	LINGFIELD	15	22
11	ST FRANCIS RANGERS	15	21
12	PAGHAM	16	20
13	SHOREHAM	14	18
14	RYE UNITED	15	17
15	RINGMER	15	16
16	CHICHESTER CITY	15	16
17	LANCING	14	14
18	ARUNDEL	14	13
19	HAILSHAM TOWN	15	7
20	WORTHING UNITED	15	4

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	14	35
2	HAYWARDS HEATH TOWN	16	34
3	LOXWOOD	15	32
4	LITTLE COMMON	16	29
5	BROADBRIDGE HEATH	14	28
6	STEYNING TOWN	14	28
7	BEXHILL UNITED	16	22
8	MILE OAK	14	22
9	AFC UCKFIELD	13	19
10	WICK & RARNHAM UNITED	15	19
11	WESTFIELD	14	15
12	STORRINGTON	15	14
13	SEAFORD TOWN	14	13
14	OAKWOOD	14	13
15	RUSTINGTON	15	11
16	MIDHURST & EASEBOURNE	15	9
17	SALTDEAN UNITED	14	7

Division Three

	Team	P	PTS
1	LANGHEY WANDERERS	8	22
2	ROFFEY	10	18
3	IFIELD	10	18
4	FERRING	9	16
5	BILLINGSHURST	11	13
6	HURSTPIERPOINT	10	13
7	SIDLESHAM	8	12
8	ROTTINGDEAN VILLAGE	10	11
9	UCKFIELD TOWN	8	10
10	CLYMPING	9	7
11	SOUTHWICK	9	6

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